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**Tuesday**



President Bush discusses the Iraq war Monday.

**Not in Vain:** Bush defends war as death toll hits 4,000 | **4**

**Fair Fight:** Ind. offers a rare neutral field in Dems' battle | **5**



**At Home:** Dice-K to kick off MLB season in Japan | **18**

## ENTERTAINMENT

### In the Cards:

Kate Bosworth looks to hustle the house in '21.' Plus, the Presidents of the United States of America are still in power.

>> **13-17**



## Protests Disrupt Olympic Torch Ceremony



**TIBET OUTCRY:** An activist covered in fake blood is dragged from a protest after the Olympic torch-lighting ceremony in Ancient Olympia, Greece, on Monday. The usually quiet event was interrupted by protests over host country China's crackdown in Tibet. ♦ **More ahead:** Protests to follow torch | **Page 7**

## XM-Sirius Merger Approved

### DOJ backs satellite radio companies' effort to join forces

WASHINGTON | The Justice Department on Monday approved Sirius Satellite Radio Inc.'s proposed \$5 billion buyout of rival XM Satellite Radio Holdings Inc., saying the deal was unlikely to hurt competition or consumers.

The transaction was approved without conditions, despite opposition from consumer groups and an intense lobbying campaign by the land-based radio industry.

The combination still requires approval from the Federal Communications Commission, which prohibited a merger when it first granted satellite radio operating licenses in 1997.

The Justice Department, in a statement explaining its decision, said the combination of the companies won't hurt competition because the companies are not competing today. Customers must buy equipment

that is exclusive to either XM or Sirius, and subscribers rarely switch providers.

"People just don't do that," Assistant Attorney General Thomas Barnett said in a conference call with reporters.

The government also appeared to endorse a central argument the companies used in pushing for their merger: that ample competition is provided by other forms of audio entertainment, including "high-definition" radio, Internet-based radio stations and even devices like Apple Inc.'s iPod. (AP)



HAS THE WAR IN IRAQ BEEN WORTH THE LIVES OF 4,000 U.S. MILITARY PERSONNEL? **A YES B NO**

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TUESDAY

**54/40**



WEDNESDAY

**64/44**



THURSDAY

**58/44**

**TODAY:** Mostly sunny with a slight breeze; clouds move in at night | **34**

# eyeOpeners

## TRASH

### Please Recycle This Very Adorable Anecdote

Merle Brandell and his black Lab Slapsey were beach-combing along the Bering Sea when he spied a plastic bottle with a note inside — a message from an elementary school student in a suburb of Seattle. The fact that the letter traveled 1,735 miles is unusual, but that's only the beginning of the mystery. About 21 years passed between the time Emily Hwaung put the message in a soda bottle and Brandell picked it up on the beach. Hwaung, now 30, was flabbergasted by the news, though she doesn't remember sending the note, part of a school project. "It was so long ago. Elementary school is kind of foggy," she said. (AP)



## FATHERS AND SONS

### The Least Romantic Icon Possible — Ever

South Korea is introducing new signs for its hot spring spas to remove any confusion for those seeking other kinds of steamy liaisons. The Ministry of Public Administration and Security introduced the new blue logo Monday, said ministry official Lim Jae-wung. The sign replaces a nearly century-old

red icon — a circle with rising wisps of steam that have been appropriated by "love motels." Public baths and many lodging facilities also use the old logo, which was introduced when South Korea was colonized by Japan from 1910-45, Lim said. The new logo depicts waves of water with two circles symbolizing the heads of a father and son amid rising steam. Those using the sign at non-spa facilities can be punished by up to two years in jail. (AP)



## PETS

### Upward Dog Pose

At a Zen Buddhist temple in Japan, even the dog prays. Mimicking his master, priest Joei Yoshikuni, a Chihuahua named Conan joins in the daily prayers at Naha's Shuri Kannonodo temple. It took him only a few days to learn the motions. "I am just trying to get him to sit still while I meditate," said Yoshikuni. "It's not like we can make him cross his legs." (AP)



Zach Dunlap is actually not dead.

## REVELATIONS

### Afterlife Really Dull, Life More Interesting

Four months after he was declared brain-dead and doctors were about to remove his organs for transplant, Zach Dunlap says he feels "pretty good." He was pronounced dead Nov. 19 in Wichita Falls, Texas, after he was injured in an all-terrain vehicle accident. His family approved having his organs harvested. As family members were paying their last respects, he moved his foot and hand. He reacted to a pocketknife scraped across his foot and to pressure applied under a fingernail. After 48 days in the hospital, he was allowed to return home, where he continues to work on his recovery. (AP)

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**COLD FEET:** A couple in Nikiski, Alaska, took the plunge on Saturday — literally. Mark Confer and Joanne Wainwright were married in a swimming pool by a pastor after both of them plunged into the water from a 136-foot slide.

## Nation

### In Brief



Five people were found fatally shot at this home in Iowa City, Iowa, Monday.

#### IOWA CITY, IOWA

##### Woman Is Found Dead At Home With Her Children

A woman and her four children were found dead in their home Monday morning, and police later found a sixth body in a burning, wrecked van owned by the woman's husband — a former bank executive who had been charged with embezzlement. Iowa City police said they were all but certain that the body in the van was that of the husband, Steven Sueppel. (AP)

#### BOONEVILLE, ARK.

##### Burning Meat Plant Forces More Evacuations

Authorities fighting a blaze that destroyed a meat plant ordered new evacuations Monday over fears that new fires could erupt amid the smoldering debris. An explosion Sunday destroyed much of the Cargill Meat Solutions plant. Emergency crews Monday cleared homes and businesses within a half-mile of the plant over worries that an ammonia tank might catch fire. (AP)

# Detroit's Mayor Accused of Perjury

## Racy text messages contradict Kilpatrick's testimony under oath

DETROIT | Mayor Kwame Kilpatrick was charged with perjury and other offenses Monday after a trove of raunchy text messages contradicted his sworn denials of an affair with his chief aide.

The 37-year-old mayor, who brought vitality to the job in this struggling city of 900,000, could get up to 15 years in prison for perjury alone and would be automatically expelled from office if convicted.

Ignoring mounting demands that he step down, Kilpatrick said: "I look forward to complete exoneration once all the facts have been brought forth. I will remain focused on moving this city forward."

Wayne County Prosecutor Kym Worthy brought charges of perjury, conspiracy, obstruction of justice and misconduct against the popu-



Detroit Mayor Kwame Kilpatrick is accused of lying under oath about his relationship with Christine Beatty, a former aide. Kilpatrick has refused to resign as mayor.

lar but polarizing mayor.

Kilpatrick's former chief of staff, Christine Beatty, 37, who also denied under oath that she

and Kilpatrick had an intimate relationship, was charged with many of the same offenses.

The charges could be the begin-

ning of the end of Kilpatrick's six-year career as the youngest man elected mayor of Detroit, one of America's largest and most troubled cities.

Worthy began her investigation in late January, the day after the Detroit Free Press published excerpts from 14,000 text messages that were sent or received in 2002-03 from Beatty's city-issued pager.

The messages called into question the testimony Kilpatrick and Beatty gave in a lawsuit filed by two police officers, who alleged they were fired for investigating claims that the mayor used his security unit to cover up his affairs.

In court, Kilpatrick and Beatty strongly denied having an intimate relationship, but the text messages reveal that they carried on a flirty, sometimes sexually explicit dialogue about where to meet and how to conceal their trysts.

COREY WILLIAMS (AP)

### HEARSAY | POLITICS

"I wanted to use a very strong metaphor to make my point. I doubt if Governor Richardson and I will be particularly close in the future."

—JAMES CARVILLE, WHO REFUSED TO APOLOGIZE MONDAY FOR COMPARING BILL RICHARDSON TO JUDAS FOR ENDORSING BARACK OBAMA.

## Study: Monitor Ducks for Avian Flu

### Researcher says virus has become too deadly to spread in chickens

WASHINGTON | Intensive rice farming and large duck populations — not the number of chickens raised — may be the best predictors of where bird flu might develop in Southeast

Asia, according to researchers.

About 140 million birds in Southeast Asia have been killed in recent years to prevent the H5N1 virus from spreading.

The researchers concluded that monitoring duck populations for H5N1 and tracking rice paddies by satellite were the best ways to predict where outbreaks were most

likely to occur. They said that chickens are no longer a "highly significant predictor" of the presence of the H5N1 virus for Vietnam and Thailand.

"Essentially, [the virus] is so pathogenic in chickens that it kills them before they can spread it," said Marius Gilbert of the Free University of Brussels, Belgium. (AP)

# Manassas

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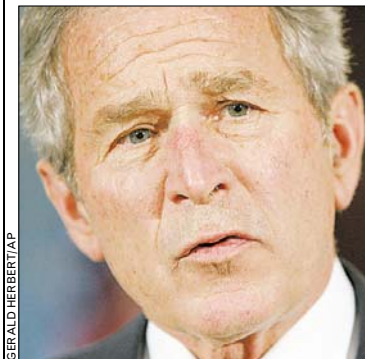
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## Nation



President Bush spoke about the Iraq war at the State Department Monday.

## Bush: War Casualties Not in Vain

President says 4,000 Iraq deaths have laid foundation for peace

WASHINGTON | President Bush pledged Monday to ensure “an outcome that will merit the sacrifice” of those who have died in Iraq, offering both sympathy and resolve as the U.S. death toll in the five-year war hit 4,000.

“One day, people will look back at this moment in history and say, ‘Thank God there were courageous people willing to serve, because they laid the foundation for peace for generations to come,’” Bush said at the State Department. “I vow so long as I am president to make sure that those lives were not lost in vain.”

Grim milestones such as the 4,000 mark in the war’s death toll or even large clusters of casualties usually go unremarked upon by Bush. But he chose on this occasion to note the losses.

“On this day of reflection, I offer our deepest sympathies to their families,” the president said. “I hope their families know that citizens pray for their comfort and their strength, whether they were the first one who lost their life in Iraq or recently lost their life in Iraq.”

The U.S. has about 158,000 troops in Iraq. That number is expected to drop to 140,000 by summer in drawdowns meant to erase all but about 8,000 troops from last year’s increase, widely referred to as a “surge.” BEN FELLER (AP)

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**KEEP IT SIMPLE:** Gov. John Baldacci on Monday signed legislation that makes Maine the first state to outlaw the sale of cigarette lighters in the shapes of cartoon characters, toys and animals, which may be attractive to children.

## Nation



Authorities have recovered the remains of missing contractor John R. Young.

### Remains of U.S. Contractors Are Found by the FBI

DALLAS | The remains of two U.S. contractors kidnapped in Iraq more than a year ago have been recovered, the FBI said Monday, weeks after families of several long-missing men gained hope that they might be found alive.

Ronald Withrow of Roaring Springs, Texas, and John Roy Young of Kansas City, Mo., were among six Western contractors kidnapped separately.

Withrow worked for JPI Worldwide when he was kidnapped in January 2007. Young worked for Crescent Security Group when he was kidnapped in November 2006. The other men still missing are Paul Reuben of Minneapolis, Joshua Munns of Redding, Calif., and Bert Nussbaumer of Vienna, Austria. (AP)



Sen. Hillary Rodham Clinton, D-N.Y., and Sen. Evan Bayh, D-Ind., campaign in Indiana. Bayh is a prominent Clinton supporter.

## Indiana Will Be True Test

Clinton, Obama have an equal chance in the key midwest primary

POLITICS | Something unusual appears to be developing in the Democratic presidential race in the state of Indiana: a fair fight.

Wedge between Illinois, which is Sen. Barack Obama's home state, and Ohio, which Sen. Hillary Rod-

ham Clinton won on March 4, Indiana may be the one state remaining on the primary calendar where both candidates begin with a roughly equal chance of coming out ahead.

That fact alone makes it stand out from states such as Pennsylvania, where the playing field for the April 22 contest offers big advantages to Clinton, or the Oregon

race a month later which clearly tilts toward Obama.

In Indiana, Obama has a home-field advantage, while Clinton has the backing of the popular Sen. Evan Bayh and an edge on the kind of economic issues that are likely to dominate the discussion before the state's Democrats vote on May 6.

"If I had to pick — and I'm not usually shy about saying who's going to win — I couldn't tell you today,"

said Rep. Joe Donnelly, a Democrat who represents Indiana's 2nd District and has not committed to either candidate.

The state's Democrats have reacted to their sudden relevance with enthusiasm, and the campaigns have responded by pouring resources into the state.

**"If I had to pick [the winner in Indiana], I couldn't tell you today."**

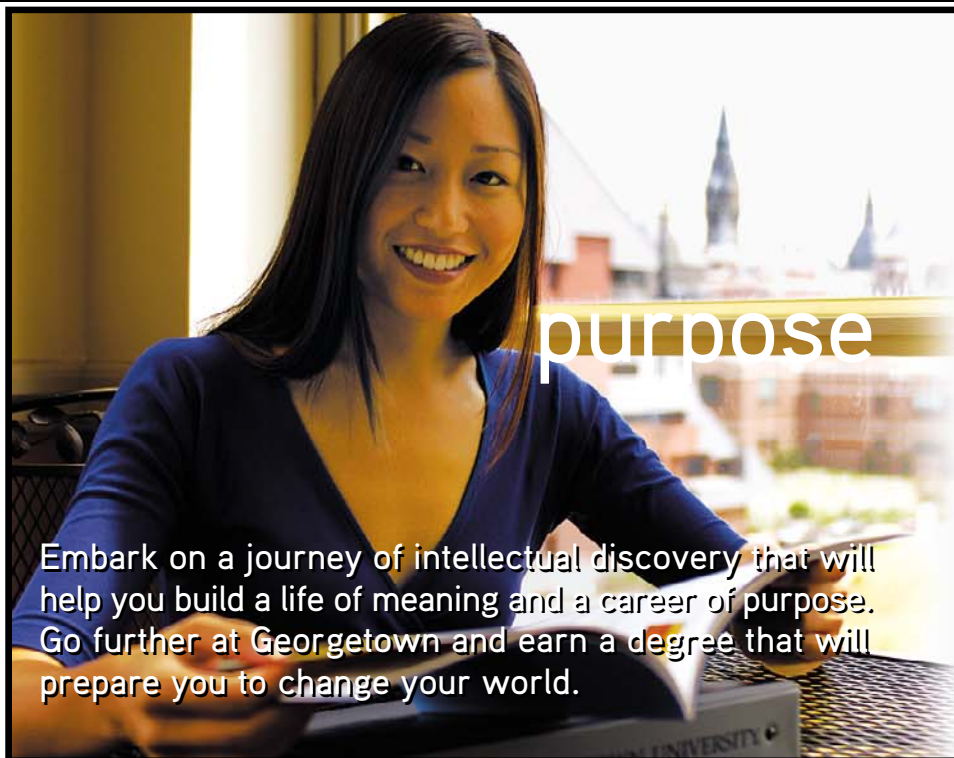
REP. JOE DONNELLY, D-IND.

While both campaigns grudgingly admit that the race here is competitive, each is seeking to portray the other as starting with a lead.

"We think he has some advantages starting out," Bayh said, referring to Obama, in an interview after spending the day traveling the state with Clinton. "Twenty percent of Indiana households watch Chicago TV. The city of East Chicago is actually in Indiana."

But demographics and some of the state's similarities to Ohio, where Clinton won big, suggest that the senator has a leg up. In southern Indiana, factory towns and areas around Evansville look like prime targets for her economic message.

ANNE E. KORNBLUT (THE WASHINGTON POST)



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**LIFE SANS SARKOZY:** The ex-wife of French President Nicolas Sarkozy remarried Sunday at the Rainbow Room in New York's Rockefeller Center, French newspapers reported Monday. Le Figaro and Liberation said Cecilia Ciganer-Albeniz — the former Mrs. Sarkozy — wed Richard Attias.

## World

### In Brief



People wait to be seen near the dengue patients area of a hospital in Brazil.

#### RIO DE JANEIRO, BRAZIL

##### Government to Send Health Workers for Dengue Cases

Brazil will send hundreds of health workers to Rio de Janeiro state to help overwhelmed emergency rooms that are reporting 80 new cases of dengue fever every hour, the health minister announced Monday. In addition to the 671 health professionals, the government also will deploy workers and insecticide-spraying vehicles to fight the mosquito that spreads the disease, the health minister said. (AP)

#### CAIRO, EGYPT

##### At Least 7 Die in Clashes, Heat, Waiting for Bread

Clashes have been breaking out among Egyptians waiting in long lines for subsidized bread, and the president has ordered the army to start baking more to contain a political crisis. At least seven people have died, according to police. Two were stabbed in fights between customers in line, and the rest died of exhaustion or other medical problems aggravated by waiting in the spring heat. (AP)

#### CANCUN, MEXICO

##### 2 People Confess to Killing Man Who Cast an 'Evil Eye'

Two men have confessed to brutally killing a man who made his living practicing witchcraft because they believed he had put an "evil eye" on a relative, officials said Monday. The two men, and a third who remained at large, stabbed 28-year-old Lucas Dominguez seven times, crushed his skull with a rock and tried to burn his body, according to Luis Raymundo Canche, assistant prosecutor for Quintana Roo state. (AP)

# Discontent Mounts in Iraq

## Green Zone attacks might indicate end to 7-month cease-fire

BAGHDAD | Rocket attacks on the U.S.-protected Green Zone may carry a message with implications across Iraq: rising anger within the Mahdi Army militia.

The Shiite fighters led by anti-American cleric Muqtada al-Sadr are reorganizing their ranks, taking delivery of new weapons from Iran and ramping up complaints about crackdowns by U.S. and Iraqi forces that could unravel the Mahdi Army's self-declared cease-fire, according to militia commanders.

#### BY THE NUMBERS

A closer look at the U.S. military deaths in Iraq, which reached 4,000 on Sunday, according to an Associated Press count:

- 83 people killed were older than 45
- 33 were 18 years old
- 98 were women
- 429 were from California, the state with the most people killed
- 6 were from D.C. (AP)

U.S. commanders credit the seven-month-old cease-fire for helping curb violence in Baghdad and slowing the pace of U.S. military deaths, which reached 4,000 on

Sunday. Washington also is highly concerned over any signs of expanding links between Iran and rank-and-file al-Sadr supporters before local elections this year.

The latest rumblings in the Mahdi Army are provoked by the belief that the Americans and their Iraqi allies abused the cease-fire by conducting raids that have targeted hundreds of al-Sadr's backers.

Militia commanders told The Associated Press they viewed the arrests as a move by Shiite rivals to deny them a prominent political voice. They also cited al-Sadr's statement this month that his cease-fire did not preclude his followers from self defense. HAMZA HENDAWI (AP)



Dick Cheney meets with Israeli Prime Minister Ehud Olmert in Jerusalem.

## Cheney: Militants Foil Peace

### Vice president says Hamas and its allies 'torpedo' Mideast talks

ANKARA, TURKEY | Vice President Dick Cheney, concluding two days of talks with Israeli and Palestinian leaders, said Monday that Hamas militants and their backers in Iran and Syria are playing the role of spoiler in Mideast peace talks.

"It is clearly a difficult situation, in part, because I think it's true, there's evidence, that Hamas is supported by Iran and Syria and that they're doing everything they can to torpedo the peace process," Cheney told reporters before heading to Turkey, the final stop on his 10-day trip to the Mideast.

Cheney said that there's ongoing concern about the extent to which arms are being smuggled across the Egyptian border into Gaza, where they are being used by Hamas militants to attack Israel.

"It's a continuing problem," Cheney said. "All of that, obviously, has resulted in the ongoing activity of launching rockets into Israel and ... making it difficult for there to be the kind of progress that I think we would all like to see."

DEB RIECHMANN (AP)



A guard stops a protester as Liu Qi, president of the Organizing Committee for the Beijing Olympics, gives a speech Monday.

## Olympic Torch Ceremony Disrupted

### Protesters of China's human rights policies try to block relay start

ANCIENT OLYMPIA, GREECE | Even before the Olympic flame was lit Monday, a protester of China's human rights policies disrupted the solemn ceremony, foreshadowing the prospect of demonstrations throughout the 85,000-mile torch-relay route right up to the Beijing Olympic Games themselves.

Forecasts of rain had been

considered the main threat to the pomp-filled torch-lighting. But while the sun sparked the flame to life, it was the protesters who turned the event into a political embarrassment for China over its crackdown in Tibet and other rights issues.

Three men advocating press freedom evaded massive security and ran onto the field at the ceremony in Ancient Olympia before they were seized by police. Minutes later, a Tibetan woman covered in fake blood briefly blocked the path

of the torch relay.

The incidents came after International Olympic Committee President Jacques Rogge told The Associated Press that he was engaged in "silent diplomacy" with the Chinese but wouldn't intervene in politics to try to change their policies.

Protests are bound to follow the torch throughout its 136-day route across five continents and 20 countries. Tibetan activists have already said they plan to demonstrate elsewhere on the route.

STEPHEN WILSON (AP)



**TOUR DE TORCH:** The Olympic torch relay will go through London (April 6), San Francisco (April 9) and Nagano, Japan (April 26). It's slated to enter China on May 4.



## World



**TRANSPORTATION FOR THE TALLEST:** Only a day after an organization for the disabled in Podolyantsi, Ukraine, gave Leonid Stadnik a giant bicycle to fit his 8-foot-5-inch frame, the world's tallest man received another gift to help him get around town: a new, shiny blue van from Ukrainian President Viktor Yushchenko.

# Pakistani Leader Releases Judges

Deposed chief justice is among those freed by newly elected PM

ISLAMABAD, PAKISTAN | The deposed chief justice emerged from house arrest Monday after Pakistan's new prime minister ordered police to pull back razor-wire barricades and release judges ousted last year by

President Pervez Musharraf.

The judge's appearance on the balcony of his Islamabad villa drew cheers from hundreds of flag-waving, drum-beating supporters and dramatically underlined how power is slipping away from a stalwart U.S. ally.

Iftikhar Mohammed Chaudhry and his family had been confined to the house since Musharraf declared



Pakistanis celebrate after Yousaf Raza Gilani is voted prime minister Monday.

a state of emergency in November and sacked 60 senior judges ahead of a Supreme Court ruling that could have invalidated his re-election as president.

"I have no words to thank you for the way you struggled for nearly five months for the enforcement of the rule of law and our constitution," said Chaudhry as lawyers and opposition activists clapped.

Just two hours earlier, parliament had elected a loyalist of slain ex-leader Benazir Bhutto as Pakistan's new prime minister, following a victory by Bhutto's party in February elections.

Yousaf Raza Gilani, a former house speaker who until two years ago was jailed under what he claims were politically motivated charges, beat the pro-Musharraf candidate, Chaudhry Pervez Elahi, 264 votes to 42. Gilani will be sworn in by the president Tuesday.

MATTHEW PENNINGTON (AP)



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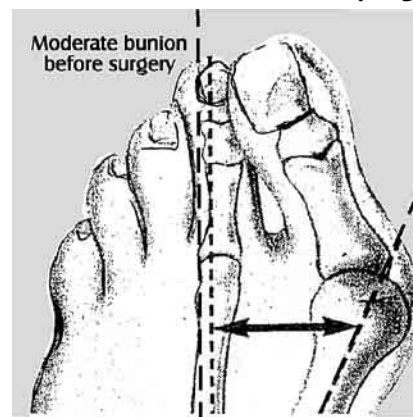
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**14** | The number of days it took a 65-year-old woman to walk from Thimphu, Bhutan, to a polling station in her hometown, according to Agence France-Presse. The woman chose not to drive.

## World



An election officer puts an ink mark on the finger of a Bhutanese man to show that he voted, in Thimphu, Bhutan, on Monday.

# Bhutanese Vote in 1st Poll

## Royalist party sweeps parliamentary election in Himalayan kingdom

THIMPHU, BHUTAN | Long known as a holdout from modernity, the Himalayan kingdom of Bhutan ended a century of absolute monarchy Monday by electing a staunch royalist as its first prime minister.

So it goes in Bhutan, possibly the first country in history where a king had to convince his people that democracy was a good idea.

Known by its people as the Land of the Thunder Dragon, Bhutan's snowcapped peaks and mountainside monasteries have long intrigued Westerners in search of

a Buddhist nirvana. But the kingdom is, in many ways, a strikingly conformist place where the outside world is viewed warily and self-promotion and confrontation are frowned upon.

Just a few months ago, criticism of high officials was unimaginable to many here. Now they're wondering what will become of their Precious Ruler as he gives up most of his power to politicians.

"There was much resistance when His Majesty told us that we must decide our future if Bhutan was to prosper," said Karma Dorji, a 55-year-old civil servant. But "we have come to see that this is an opportunity he has given us because he is farsighted and wise,"



- Population: 2,327,849
- Capital city: Thimphu
- Area: 47,000 sq km
- Official language: Dzongkha
- Life expectancy: 55 (f); 55 (m)
- Religion: Lamaistic Buddhist 75%, Hinduism 25% (CIA FACTBOOK)

Dorji said. Still, he added, "We prefer our king."

So does the new prime minister, Jigmi Kinley, who twice served as premier under royal rule. Kinley was celebrating his landslide — his Bhutan Peace and Prosperity Party took 44 of the 47 parliament seats — in eastern Bhutan on Monday. The party's spokesman, Palden Tshering, called the win a "victory for His Majesty." MATTHEW ROSENBERG (AP)

**“There was much resistance when His Majesty told us that we must decide our future if Bhutan was to prosper.”**

KARMA DORJI, BHUTANESE CIVIL SERVANT

## Al-Qaeda's No. 2 Urges Retaliation

CAIRO, EGYPT | Osama bin Laden's deputy urged Muslims on Monday to attack Jewish and American targets worldwide in retaliation for Israeli attacks in the Gaza Strip, intensifying an al-Qaeda push to use Arab anger to rally support for the terror network.

The tape by Ayman al-Zawahri

came just days after two messages from bin Laden, who called for a holy war on behalf of the Palestinians and warned of a "severe" reaction against Europe over the republishing of cartoons seen as insulting Islam's Prophet Muhammad.

The string of messages has raised fears that al-Qaeda is planning

new attacks in the West — or that it hopes to inspire sympathizers to carry out violence. The broader goal may be to show supporters that al-Qaeda can open a new front against Israel.

"Muslims, today is your day. Strike the interests of the Jews, the Americans, and all those who participated in the attack on Muslims," al-Zawahri said. LEE KEATH (AP)

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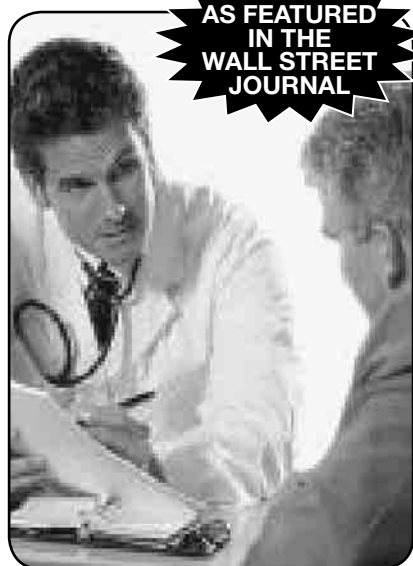
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## Money

# JPMorgan Raises Bear Bid

\$10-per-share offer is meant to quell anger among shareholders

NEW YORK | JPMorgan Chase & Co. increased its offer Monday for Bear Stearns Cos. to \$10 per share from a bargain-basement price of \$2 per share, hoping to assuage shareholders of the ailing investment bank.

Bear Stearns shares, which had already been trading higher than the initial offer price, surged above the new bid level.

The move was clearly aimed at diffusing a backlash among Bear Stearns shareholders, who felt the original deal undervalued the 85-year-old institution. JPMorgan Chase Chief Executive Jamie Dimon spent most of the week trying to woo Bear Stearns employees, who collectively own about a third of the company.



The headquarters of Bear Stearns, right, and JPMorgan, left, are seen Monday in New York City. JPMorgan Chase is offering \$10 per share to take over Bear Stearns.

The new deal values Bear Stearns at about \$1.19 billion — still a fraction of what the company was worth before its sudden near-collapse earlier this month.

Alan Schwartz, Bear Stearns' embattled president and chief exec-

utive, has been vilified within the company for the past week for the deal. The company's 14,000 employees — most of whom depended on Bear Stearns' stock as part of their retirement plans — are facing significant job cuts. JOE BEL BRUNO (AP)

## Feb. Home Sales Rise Unexpectedly

WASHINGTON | Sales of existing homes increased unexpectedly in February after six months of decline, but private economists said it was too soon to say that the prolonged slide in housing is coming to an end.

The National Association of Realtors said sales of existing homes rose by 2.9 percent in February to a seasonally adjusted annual rate of 5.03 million units. It marked the first sales increase since last July, but even with the gain, sales were

still 23.8 percent below where they were a year ago.

Prices continued to slide in February. The median sales price for single-family homes and condominiums dropped to \$195,900, a fall of 8.2 percent from a year ago, the biggest slide in the current housing slump. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
BearSt	11.25	+5.29	+88.8
Borders	7.25	+2.18	+43.0
AbitiBow n	13.56	+3.79	+38.8
CIT Gp	13.03	+3.40	+35.3
PFF Bcp	9.23	+2.04	+28.4

#### Losers

Cambrex s	6.95	-1.06	-13.2
Aircastle	13.37	-1.94	-12.7
MediaGen	14.39	-1.57	-9.8
FannieMae	31.16	-3.14	-9.2
Coachmen	3.04	-.30	-9.0

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Synplcty	7.85	+2.53	+47.6
ViaPhrm n	3.10	+.88	+39.6
VionPh rs	2.73	+.74	+37.2
RAM Hldgs	2.20	+.57	+35.0
Iomai	1.51	+.17	+12.7

#### Losers

RF Mono	2.76	-1.75	-38.8
PC Mall	10.57	-3.50	-24.9
ValVis A	6.00	-1.20	-16.7
Cohu	16.99	-3.34	-16.4
PathBcp	10.25	-1.73	-14.4

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	5.25	6.00
Fed Funds close	2.19	3.00
3-month disc	1.20	1.10
2-year	1.77	1.32
10-year	3.51	3.30
30-year	4.30	4.28

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5040	.5044	.5098
Canadian Dollar	1.0184	1.0239	1.1609
European Euro	.6486	.6475	.7524
Japanese Yen	101.01	100.00	118.05
Mexican Peso	10.6952	10.7411	11.0109
Taiwanese Dollar	30.21	30.67	33.13

DOW	NASDAQ	S&P 500
+187.32	+68.64	+20.37
+1.52	+3.04	+1.53
12548.64	2326.75	1349.88

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	40.98	+.87	-11.8
Amylin	28.82	+1.24	-22.1
BiogenIdc	61.46	+2.46	+8.0
BioMarin	35.34	+1.47	-.2
Celgene	60.20	+2.29	+30.3
ChRvLab	58.86	+1.92	-10.5
GenProbe	48.95	+1.82	-22.2
Genentch	78.84	-.42	+17.5
Genzyme	73.28	+1.42	-1.6
GileadSci s	49.61	+1.18	+7.8
Illumina	74.33	+3.10	+25.4
Imclone	43.00	-1.55	...
Invitrogn	83.17	+1.77	-11.0
MillPhar	14.46	+.29	-3.5
QIAGEN	19.21	+.54	-8.7



Local

# Md. Stalls on Green Laws

Environmentalists lose momentum as state lawmakers back down

ANNAPOLIS, MD. | All was going green last year in the Maryland legislature, with environmentalists winning easy approval on many of their long-awaited priorities. This year, the story is different.

A plan to address global warming by slashing carbon emissions has been weakened. Tougher rules governing waterside development have been tweaked. A bill to put off a deadline for requiring lower phosphates in dishwashing detergent is headed toward approval.

And a major environmental



Supporters of the Global Warming Solutions Act protest in Annapolis, Md.

accomplishment of last year — a \$50 million fund to clean up the Chesapeake Bay — has already been raided by lawmakers before a single dollar is spent. The fund now stands at about \$25 million.

Environmental activists say

they're still making progress. But the going is much slower than it was last year, when lawmakers signed off on pollution controls for power plants and mandated cleaner-burning cars.

Activists hoped to regain momentum Monday in dramatic fashion. They chalked a blue line across an Annapolis street, about a quarter-mile away from the water, to represent a possible new shoreline if global warming isn't addressed. "Sea level rise would be devastating for this city. And not just Annapolis. Baltimore, the Eastern Shore — everywhere," said Tommy Landers of Environment Maryland.

KRISTEN WYATT (AP)

WASHINGTON | CIRCUS ARRIVES IN STYLE



**TRUNK TOPPER:** Clown Bello Nock of the Ringling Bros. and Barnum & Bailey Circus rides an elephant during the Pachyderm Parade marking the arrival of the circus Monday. The circus will perform in the area through April 13.

## Snake Inside Suitcase Bites Arlington Man

An athletic coach at Arlington County's Yorktown High School was bitten by a young rattlesnake this morning as he reached into his luggage after returning from a trip to South Carolina.

His injuries do not appear to be life-threatening, according to Chief Benjamin Barksdale of the Arlington Fire Department. "The gentleman was reaching into his piece of luggage this morning and felt something sharp on his hand and a bit of pain," Barksdale said.

The Animal Welfare League of Arlington received a call from the fire department and picked up the snake, said Kay Speerstra, the group's executive director. "His assumption was that it got in there during the trip," Speerstra said. "We don't really know, because it's not like the snake had a passport or anything."

DANIELA DEANE (TWP)

## The Lotteries

Monday, March 24

DISTRICT	
Mid-day Lucky Numbers	8-5-2
Mid-day DC 4	2-6-6-7

MARYLAND	
Mid-day Pick 3	8-2-8
Mid-day Pick 4	5-7-8-7

VIRGINIA	
Mid-day Pick 3	7-2-3
Evening Pick 3 (Sun.)	7-0-7

Mid-day Pick 4	2-1-0-1
Evening Pick 4 (Sun.)	5-0-8-8
Mid-day Cash 5	8-9-18-30-34
Evening Cash 5 (Sun.)	1-2-13-28-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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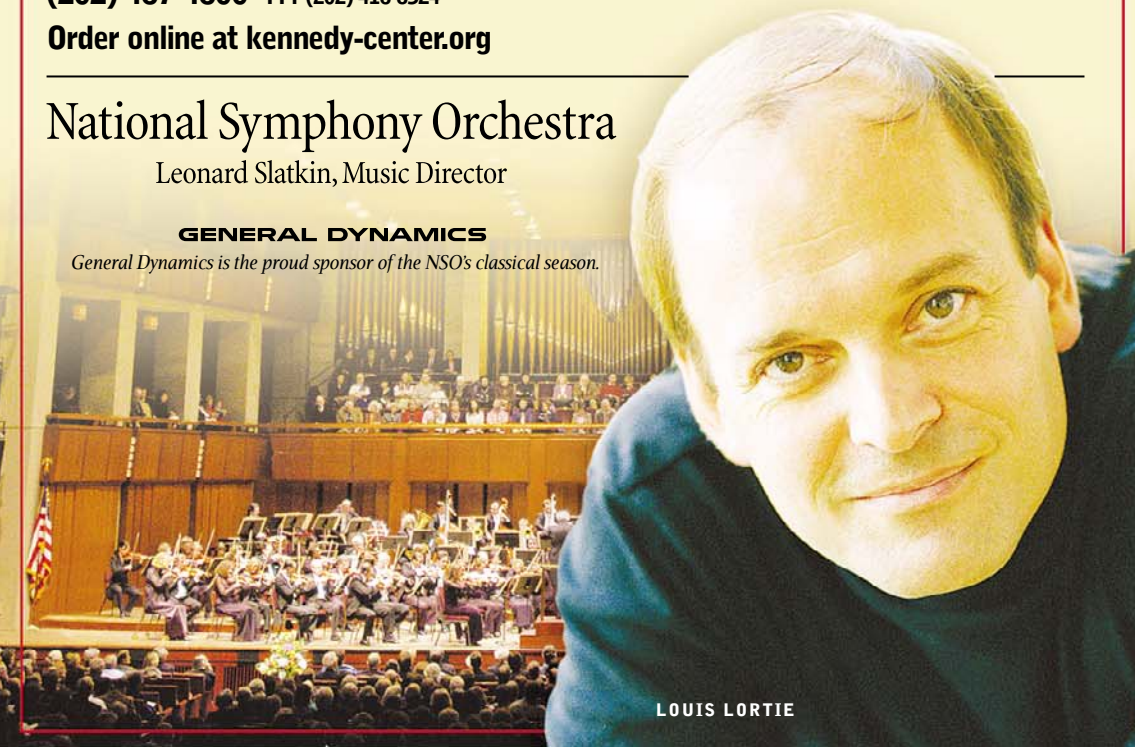
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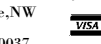
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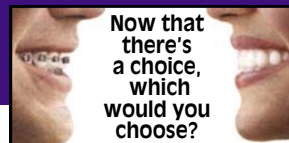
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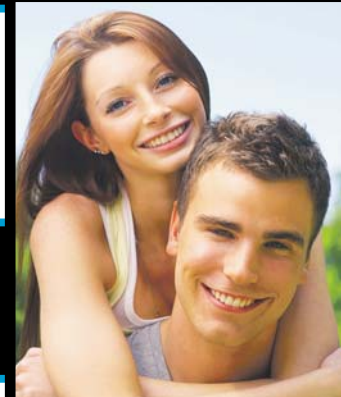
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**WHAT'S FAME GOT TO DO WITH IT?:** Angela Basset, 49, was given a star on the Hollywood Walk of Fame on Thursday — 15 years after her last Oscar nomination. Ah, fame. Her new movie, "Tyler Perry's Meet the Browns," is in theaters.

## Entertainment



**OCEAN'S WHATEVER:** Kate Bosworth and Jim Sturgess are young card sharks trying to beat the Vegas casinos in "21."

# Greed Is Good

**Kate Bosworth brings down the house in the gambling flick '21'**

**CARD COUNT** | "I went out last night and lost money," admits a sleepy-looking Kate Bosworth casually.

It may not sound like a typical confession from a lovely young Hollywood star, but consider where we are. Losing \$300 on blackjack

in a Vegas casino is about as commonplace as spilling coffee at Starbucks.

Besides, Bosworth had fun hanging out until the wee hours with her "21" co-stars Jim Sturgess and Kevin Spacey at the Palms and the Wynn following "21's" glitzy world premiere at Planet Hollywood.

"I would bet a \$25 chip, then I would randomly put everything on a bet," recalls Bosworth. "Jim said

to me afterward, 'It's all or nothing with you, Kate.'"

"21" is based on Ben Mezrich's best-selling true story, "Bringing Down the House." In it, a group of students from the elite Massachusetts Institute of Technology use their math skills to beat the Vegas casinos.

Spacey plays unscrupulous professor Micky Rosa (who is based on a number of people, he says, not one

particular person). Bosworth and Sturgess play two of Rosa's brightest students, who manage to beat the odds and take the casinos for millions — until their luck runs out.

For Bosworth and Spacey, it was fun hanging out together again, even for just a few hours. Before making "21" here last year, the two co-starred as Sandra Dee and Bobby Darin in 2004's "Beyond the Sea" and as Lois Lane and Lex Luthor in 2006's "Superman Returns."

"It's a happy coincidence," says Spacey of their recurring pairings.

"It's nice to work with people you are familiar with and trust," adds Bosworth, 25. "And it's also nice meeting new ones, like Jim."

Bosworth admits that, unlike her "21" character, she's no math whiz. "Math is my worst subject," she says with a chuckle. "But it was a lot of fun playing a math genius. I like the fact that although [my character] is seen as the fantasy girl, she was incredibly intelligent as well."

So, how did everyone refrain from temptation during the six weeks of shooting in Vegas?

"For the first week, it was touch and go," jokes director Robert Luketic. "You've got a bunch of 20-somethings who are in town. And everyone knows they're here. And every nightclub in town wants them there. There were six different [limos] that would show up from six different nightclubs to take us out. For some of them, it was their first taste of Las Vegas." **ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)**



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The American Diabetes Association hosts a fundraiser at the upscale, downtown biker-bar Tattoo, one of D.C.'s most gabbed-about spots of the moment. If you've been meaning to check it out, there is no event more worth of your money than this one. The \$10 donation requested for entry, and all of the night's drink proceeds go to diabetes research. Drink specials include \$5 beer and wine from 7 p.m. to 9 p.m. and \$5 Grand Marnier drinks all night.

→ *Tattoo, 1413 K St. NW; 7 p.m., \$10 donation; 202-408-9444 (McPherson Square).*



### BLITZEN TRAPPER Black Cat Blitzkrieg

After three albums, indie-bluegrass band Blitzen Trapper is no longer in danger of being known as a one-hit wonder. Its sound is eclectic, veering from country to glam to whatever it feels like. Good for the short attention span. To learn more about Blitzen Trapper, visit [Readexpress.com](http://readexpress.com).

→ *Black Cat, 1811 14th St. NW; 9 p.m., \$10; 202-667-7960. (U St.-Cardozo)*

### DIE! DIE! DIE! That's an Order

As you might gather from the name, Die! Die! Die! is renowned as an angry punk band for whom melody is an insult. When your mom said punk music would damage your hearing, she meant these guys.

→ *DC9, 1940 9th St. NW; 9 p.m., \$8; 202-483-5000. (U St.-Cardozo)*

### WHAT'S HAPPENING?

Please send press releases and photos to [expressevents@readexpress.com](mailto:expressevents@readexpress.com)

# The Indestructible Kristy Lee

**Countrified crooner Cook defies the odds to survive on 'Idol'**

**IMPROBABILITY** | Entertainment Weekly gave her 500-1 odds of winning "American Idol." Each week, she's the reigning choice of those who do their own "Whose-gig-is-up?" prognostications.

Despite it all, Kristy Lee Cook is still a contender. And few seem to be more surprised than she is.

### readexpress.com

Can you explain Kristy Lee's appeal? Do you think this is her final week on the show? Leave your thoughts on the comment board at [readexpress.com/idol](http://readexpress.com/idol)

"I've pretty much been the last man standing out onstage at every elimination night," she told host Ryan Seacrest last week. "That's a lot of stress. ... It's really scary."

It's true. Each week, she hovers next to the marked-for-dismissal



Despite weekly beratings by the judges, Kristy Lee Cook is still on "Idol."

Idolite like a platinum-headed specter of death. Amanda Overmyer. David Hernandez. Asia'h Epperson. What they all had in common: a somber-looking Kristy, certain her time was nigh.

Her performances are roundly panned by the judges, especially Simon Cowell, who can't make his distaste for her work any more plain.

How does she do it? Is it a horde of fans? Ogling old men? Voodoo? Whatever her trick, it appears to be working. **GREG BARBER (EXPRESS)**



## Entertainment



**MENACE TO SOCIETY:** Leonardo DiCaprio will team up with director Ridley Scott for a thriller titled "The Low Dwellers." Set in Indiana in the mid-1980s, the movie centers on a man (DiCaprio) trying to assimilate into society after he's released from jail.

# A Hero Lies in Junior

**An indie film vet tries his crowd-pleasing hand as 'Iron Man'**

**BIG BUDGET** | In the 38 years since his film debut, Robert Downey Jr. has proven one thing beyond a shadow of a doubt: No matter the movie, he is incapable of turning in an uninteresting performance. While his films haven't always found large audiences, this summer's highly anticipated "Iron Man" promises to be the blockbuster that connects Downey with the masses. The actor recently took a short break to speak with the Hollywood Reporter about comic-book movies, action figures and how he's picking his roles these days.



**FOR THE PEOPLE:** Downey hopes to connect with the masses as an action hero.

**When you think of Robert Downey Jr. the actor, "action hero" isn't the first thing that comes to mind. What drew you to "Iron Man"?**  
[Jon] Favreau was directing it.

And when I went [to the Marvel headquarters] to meet with Avi Arad and Kevin Feige and all the bigwigs there, I walked down the halls and saw certain peers of mine

in all these big, crazy, cool posters and stuff, and I'm, like, "This has got to be fun." Plus, no one who was in a really successful superhero franchise has ever said to me, "Boy, I really wish I hadn't done that."

**So, you would say that your main criteria for picking a project is the personnel attached?**

Well, not so much anymore, because it used to be that I would be happy to go and be less than central in a project if I thought that everything else was in place. Now I feel like, if you're going to work that hard, you might as well have a big payoff. And I think the payoff is carrying movies rather than supporting.

**Have you seen your "Iron Man" action figure yet?**

I have. It looks pretty good. We actually had an "Iron Man" mask on top of our Christmas tree this year. **TRISHA TUCKER**  
(THE HOLLYWOOD REPORTER)

# Jason Rae Dies at Age 31

**OBIT** | The husband of Grammy-nominated British singer Corinne Bailey Rae has been found dead.

Police say Jason Rae was found in an apartment in the English city of Leeds on Saturday. Officers are awaiting results of toxicology tests to determine the cause of death.

Thirty-one-year-old Jason Rae was a saxophonist with a funk band, the Haggis Horns.

Corinne Bailey Rae's self-titled debut album sold more than 1 million copies in the U.S. The 29-year-old was nominated for song of the year at the Grammy Awards in both 2007 and 2008. (AP)

## Sleep and Weight Study



**Do you usually sleep less than 6 hours a night?  
Are you obese?  
Are you between 18 and 50 years of age?**

If you are interested in learning more about the effect your sleep habits may have on your weight, contact us. You may be eligible for a new and exciting study being conducted at the National Institutes of Health.

- Approximately 7 short visits within approximately 12 months.
- Medical and sleep evaluations at no cost.
- Compensation for participation.
- Visits take place at the National Institutes of Health Clinical Research Center in Bethesda, MD.
- Metro service and validated parking available.

Please call 1-800-411-1222 TTY 1-866-411-1010

Refer to study number 06-DK-0036

<http://clinicaltrials.gov>



National Institute of  
Diabetes & Digestive &  
Kidney Diseases

## REGAL ENTERTAINMENT GROUP

### GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
DRILLBIT TAYLOR (PG-13) (1145 215) 500 730 1010  
SHUTTER (PG-13) (1215 225) 535 755 1015  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (1130 1200 1245 200 230) 315 430 515 630 715 800 915 1000 1030  
OC & DA: DOOMSDAY (R) - ID REQ'D (245) 1040  
DOOMSDAY (R) - ID REQ'D (1210) 520 805  
NEVER BACK DOWN (PG-13) (1230) 345 710 950  
HORTON HEARS A WHO (G) (1150 210) 445 700 920  
COLLEGE ROAD TRIP (G) (1135 150) 410 650 930  
THE BANK JOB (R) - ID REQ'D (1140 220) 565 745 1020  
10,000 BC - DP (PG-13) (1155 235) 510 750 1035  
THE OTHER BOLEYN GIRL (PG-13) (110 420 720 1025  
SEMI-PRO (R) - ID REQ'D (1235) 540 1045  
VANTAGE POINT (PG-13) (1225 240) 455 735 955  
IN BRUGES (R) - ID REQ'D (300) 810

### BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#  
DRILLBIT TAYLOR (PG-13) (150 435) 730 1015  
UNDER THE SAME MOON (PG) (140 425) 710 955  
DOOMSDAY (R) - ID REQ'D (155 440) 735 1040  
HORTON HEARS A WHO (G) (1230 155 225 255 420 450 520) 645  
715 745 910 940 1010  
MISS PETTIGREW LIVES FOR A DAY (PG-13) (100 410) 700 930  
THE OTHER BOLEYN GIRL (PG-13) (145 430) 725 1020  
BE KIND REWIND (PG-13) (125 400) 635 915  
VANTAGE POINT (PG-13) (305 530) 805 1035  
THERE WILL BE BLOOD (R) - ID REQ'D (1240 415) 800  
JUNO (PG-13) (110 345) 620 855

### BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (130 215) 300 345  
445 545) 615 715 815 845 945 1045  
SHUTTER (PG-13) (100 315) 530 745 1000  
DRILLBIT TAYLOR (PG-13) (300 530) 800 1030  
HORTON HEARS A WHO (G) (145 230 400 500) 630 715 900 945  
DOOMSDAY (R) - ID REQ'D (245 545) 815 1045  
NEVER BACK DOWN (PG-13) (200 445) 730 1015  
10,000 BC - DP (PG-13) (145 415) 700 930  
COLLEGE ROAD TRIP (G) (115 315 515) 730 1000  
THE BANK JOB (R) - ID REQ'D (115 430) 745 1030  
VANTAGE POINT (PG-13) (130 400) 645 900  
WELCOME HOME ROSCOE JENKINS (PG-13) (345) 630 930

### BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 568#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
SHUTTER (PG-13) (1140 150 400) 610 815 1020  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (1140 200 420) 715 935  
DRILLBIT TAYLOR (PG-13) (1215 245 515) 745 1010  
DOOMSDAY (R) - ID REQ'D (1145 230 500) 730 1000  
FUNNY GAMES (R) - ID REQ'D 940 PM  
HORTON HEARS A WHO (G) (1130 1200 155 225 420 450) 645 715 910  
COLLEGE ROAD TRIP (G) (1210 215 430) 645 900  
THE BANK JOB (R) - ID REQ'D (1200 230 500) 745 1015  
10,000 BC (PG-13) (1130 200 430) 700 930  
VANTAGE POINT (PG-13) (100 310 520) 730 940

## POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
SHUTTER (PG-13) (100 320 540) 800 1020  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (130 210 250 410 450 530) 650 730 810 930 1010  
DRILLBIT TAYLOR (PG-13) (150 430) 715 955  
UNDER THE SAME MOON (PG) (215 505) 745 1030  
OC & DA: DOOMSDAY (R) - ID REQ'D (340) 910  
DOOMSDAY (R) - ID REQ'D (1245) 625  
NEVER BACK DOWN (PG-13) (240 525) 825  
HORTON HEARS A WHO (G) (1235 140 220 300 400 440 520) 620  
700 740 850 920  
COLLEGE ROAD TRIP (G) (145 420) 640 900  
THE BANK JOB (R) - ID REQ'D (235 535) 820  
VANTAGE POINT (PG-13) (120 350) 630 915  
JUMPER (PG-13) 1015 PM  
WELCOME HOME ROSCOE JENKINS (PG-13) (200 500) 750 1040  
10,000 BC (PG-13) (1250 335) 710 1000

## COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
SHUTTER (PG-13) (1215 240 510) 800 1015  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (1120 110 200 340 440) 620 720 850 1000  
DRILLBIT TAYLOR (PG-13) (1140 1240 220 320 500) 610 740 840 1020  
OC & DA: DOOMSDAY (R) - ID REQ'D (420) 945  
DOOMSDAY (R) - ID REQ'D (1135 210 450) 750 1030  
NEVER BACK DOWN (PG-13) (1130 1200 1230 100 145 215 245 315 400 445 515 545) 615 715 745 815 845 930 1000  
HORTON HEARS A WHO (G) (1120 155 430) 730 1010  
10,000 BC - DP (PG-13) (120 405) 630 900  
COLLEGE ROAD TRIP (G) (130 415) 710 1005  
THE BANK JOB (R) - ID REQ'D (1125 150 410) 645  
MISS PETTIGREW LIVES FOR A DAY (PG-13) (1125 150 410) 645 915

## ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (130 415) 700 945  
SHUTTER (PG-13) (1200 230 510) 800 1030  
TYLER PERRY'S: MEET THE BROWNS - DP (PG-13) (1200 230 510) 800 1030  
DRILLBIT TAYLOR (PG-13) (145 430) 730 1015  
SHUTTER (PG-13) (1245 300 530) 815 1035  
HORTON HEARS A WHO (G) (1200 115 215 345 445) 630 715 900 945  
DOOMSDAY (R) - ID REQ'D (500) 1045  
OC & DA: DOOMSDAY (R) - ID REQ'D (200) 800  
NEVER BACK DOWN (PG-13) (145 415) 730 1015  
THE BANK JOB (R) - ID REQ'D (115 445) 745 1030  
COLLEGE ROAD TRIP (G) (1215 245 500) 720 930  
MISS PETTIGREW LIVES FOR A DAY (PG-13) (1200 215 430) 645 915  
10,000 BC (PG-13) (100 400) 715 1000  
VANTAGE POINT (PG-13) (1230 300 515) 745 1000

## FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (150 430) 720 1000  
DOOMSDAY (R) - ID REQ'D (130 420) 715 950  
NEVER BACK DOWN (PG-13) (110 350) 710 955  
10,000 BC - DP (PG-13) (120 400) 650 930  
COLLEGE ROAD TRIP (G) (145 410) 630 900  
10,000 BC (PG-13) (200 440) 730 1010  
SEMI-PRO (R) - ID REQ'D (140 355) 655 920  
SPIDERWICK CHRONICLES (PG) (105 330) 640 910  
JUMPER (PG-13) (125 340) 700 940  
THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750

## GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (1200 115 230 415 515) 715 800 1000 1045  
DRILLBIT TAYLOR (PG-13) (200 445) 730 1015  
SHUTTER (PG-13) (1215 230 500) 745 1000  
HORTON HEARS A WHO (G) (1200 1230 155 225 255 420 450 520) 645 715 745 910 940 1010  
DOOMSDAY (R) - ID REQ'D (500) 1030  
OC & DA: DOOMSDAY (R) - ID REQ'D (145 445) 815 1045  
NEVER BACK DOWN (PG-13) (115 400) 630 915  
COLLEGE ROAD TRIP (G) (1245 415) 700 1015  
THE BANK JOB (R) - ID REQ'D (130 430) 730 1030  
10,000 BC (PG-13) (100 345) 645 930  
THE OTHER BOLEYN GIRL (PG-13) (100 400) 700 945  
VANTAGE POINT (PG-13) (100 400) 700 945

## UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
SHUTTER (PG-13) (230 500) 800 1030  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (100 200 430 515) 700 800 930 1030  
DRILLBIT TAYLOR (PG-13) (215 445) 745 1025  
DOOMSDAY (R) - ID REQ'D (130) 700  
NEVER BACK DOWN (PG-13) (100 345) 630 915  
COLLEGE ROAD TRIP (G) (230 500) 715 1000  
THE BANK JOB (R) - ID REQ'D (130 415) 715 1000  
MISS PETTIGREW LIVES FOR A DAY (PG-13) (115 400) 645 930  
10,000 BC (PG-13) (145 430) 730 1015  
THE OTHER BOLEYN GIRL (PG-13) (115 400) 645 930  
VANTAGE POINT (PG-13) (115 345) 645 930  
HORTON HEARS A WHO (G) (145 245 415 515) 630 730 915 1015  
OC & DA: DOOMSDAY (R) - ID REQ'D (400) 945

## MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#  
**Adv. Tix on Sale NIM'S ISLAND (PG) ★**  
**Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★**  
DRILLBIT TAYLOR (PG-13) (1130 200 430) 710 945  
SHUTTER (PG-13) (1220 250 510) 800 1030  
TYLER PERRY'S: MEET THE BROWNS (PG-13) (1120 1210 140 240 420 520) 740 940 1010  
DOOMSDAY (R) - ID REQ'D (1200 230 500) 750 1020  
NEVER BACK DOWN (PG-13) (125 415) 700 940  
HORTON HEARS A WHO (G) (1140 1240 110 210 310 340 440 540) 620 720 900 950 1020  
10,000 BC - DP (PG-13) (130 450) 730 1000  
COLLEGE ROAD TRIP (G) (120 400) 630 1050  
THE BANK JOB (R) - ID REQ'D (100 350) 650 930  
THE OTHER BOLEYN GIRL (PG-13) (1250 330 515) 745 1000  
VANTAGE POINT (PG-13) (1230 300 530) 810 1025





**AGING GRACE:** Jamie Lee Curtis is shown wading in water up to her chest on the cover of the AARP magazine's May-June issue, available this week. The "True Lies" star becomes eligible for AARP membership when she turns 50 in November.

## Entertainment

# Without Certain Term Limits

## The Presidents of USA are still rocking silly, feeling peachy

**GOOD TIMES** | Presidents of the United States of America come and go, but the Presidents of the United States of America are forever.

The Seattle group that gave the world "Peaches," "Lump," "Volcano" and several other sunny, silly, borderline-novelty '90s hits has

returned to form with its excellent new album, "These Are the Good Times, People," a collection of pop-rock gems that are so uplifting they could convince you that the CD title is true.

"In this band, you leave your cool at the door," said three-string guitarist Andrew McKeag, who officially joined the band for the recording of this album. "It's about enjoying playing music for people who want to be there and have fun. You know,



The Presidents rock hard and avoid taking themselves too seriously.

### readexpress.com

To view Express' conversation with three-string whiz Andrew McKeag, visit [readexpress.com/entertainment.php](http://readexpress.com/entertainment.php)

when you start playing in a rock band, you want to be cool. There's an element of that. But it doesn't have a place in Presidents-land — and that's been really freeing."

"Good Times" includes doses of country, funk and rockabilly in

addition to Presidents-style "joy-rock." When asked about genres, McKeag said, "To be honest, when I first saw the Presidents, I didn't get it. I thought rock was supposed to be Ted Nugent or the Replacements. I couldn't quite get my head around the silly. But when I started playing with the band, I understood that it's just rock 'n' roll. It's pure and simple, fun, party rock 'n' roll."

The Presidents will offer good times — and all their hits — at the 9:30 Club tonight. **TIM FOLLOS**

→ *The 9:30 Club, 815 V St. NW; Tue., 7:30 p.m., \$15; 800-955-5566. (U St.-Cardozo)*

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**AMC HOFFMAN CENTER 22**  
Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

**DIGITAL PRESENTATION**  
**10,000 B.C. (PG13)** 1:05, 3:50, 6:35, 9:15  
**DRILLBIT TAYLOR (PG13)** ✓ 1:30, 2:15, 4:05, 4:40, 6:40, 7:30, 9:20, 10:10  
**DRILLBIT TAYLOR (PG13)** ✓ 1:30, 4:05, 6:40, 9:20  
**SHUTTER (PG13)** ✓ 12:15, 2:40, 5:05, 7:25, 9:55  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 12:10, 12:45, 1:25, 2:05, 2:45, 3:30, 4:15, 4:50, 5:30, 6:15, 6:55, 7:35, 8:15, 9:00, 9:40, 10:00  
**DOOMSDAY (R)** 1:35, 4:25, 7:05, 9:50  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:00, 12:35, 1:20, 1:45, 2:20, 3:05, 3:45, 4:10, 4:35, 5:25, 5:55, 6:30, 7:10, 7:50, 8:50, 9:30, 10:15  
**NEVER BACK DOWN (PG13)** 2:35, 5:20, 8:10  
**10,000 B.C. (PG13)** 7:15, 10:00  
**THE BANK JOB (R)** 2:25, 5:05, 7:55, 10:30  
**COLLEGE ROAD TRIP (G)** 12:50, 3:10, 5:35, 7:45, 10:05  
**SEMI-PRO (R)** 12:20, 5:40  
**VANTAGE POINT (PG13)** 1:00, 3:25, 5:45, 8:20, 10:35  
**JUMPER (PG13)** 8:15, 10:30  
**STEP UP 2 THE STREETS (PG13)** 2:10, 4:45  
**WELCOME HOME ROSCOE JENKINS (PG13)** 2:50, 7:55, 10:35  
**AMC SELECT**  
**UNDER THE SAME MOON (PG13)** ✓ 1:15, 4:20, 7:00, 9:45  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 12:05, 2:30, 4:55, 7:20, 9:40  
**THE OTHER BOLEYN GIRL (PG13)** 1:55, 4:40, 7:40, 10:20

**AMC COLUMBIA MALL 14**  
10300 Patuxent Parkway  
703-998-4AMC

**DIGITAL PRESENTATION**  
**10,000 B.C. (PG13)** 1:50, 4:25, 7:05, 9:40  
**DRILLBIT TAYLOR (PG13)** 2:00, 4:30, 7:00, 9:30  
**SHUTTER (PG13)** 1:10, 3:20, 5:30, 7:40, 9:50  
**SHUTTER (PG13)** 1:10, 3:20, 5:30, 7:40, 9:50  
**TYLER PERRY'S MEET THE BROWNS (PG13)** 1:15, 2:30, 3:45, 5:00, 6:15, 7:30, 8:45, 10:00  
**DOOMSDAY (R)** 1:45, 4:15, 6:45, 9:15  
**DR. SEUSS' HORTON HEARS A WHO (G)** 1:00, 2:10, 3:10, 4:20, 5:20, 6:30, 7:35, 8:40, 9:45  
**NEVER BACK DOWN (PG13)** 1:05, 3:40, 6:20, 9:05  
**THE BANK JOB (R)** 2:05, 4:45, 7:20, 9:55  
**COLLEGE ROAD TRIP (G)** 2:25, 4:40, 6:50, 9:00  
**VANTAGE POINT (PG13)** 12:55, 3:15, 5:35, 7:50, 10:05  
**AMC SELECT**  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 2:40, 4:55, 7:10, 9:25  
**THE OTHER BOLEYN GIRL (PG13)** 1:20, 4:30, 6:40, 9:20

**LOEWS GEORGETOWN 14**  
3111 K Street, N.W.  
202-342-6441

**DIGITAL PRESENTATION**  
**DR. SEUSS' HORTON HEARS A WHO (G)** 2:30, 4:45, 7:00, 9:20  
**DRILLBIT TAYLOR (PG13)** 2:55, 5:25, 8:00, 10:25  
**SHUTTER (PG13)** 1:00, 3:00, 5:05, 7:15, 9:40  
**TYLER PERRY'S MEET THE BROWNS (PG13)** 2:25, 5:00, 7:30, 10:00  
**DOOMSDAY (R)** 1:30, 4:10, 6:45, 9:30  
**NEVER BACK DOWN (PG13)** 2:35, 5:15, 7:50, 10:25  
**10,000 B.C. (PG13)** 1:40, 4:15, 6:50, 9:35  
**THE BANK JOB (R)** 2:10, 4:50, 7:45, 10:20  
**SEMI-PRO (R)** 4:55, 10:15  
**VANTAGE POINT (PG13)** 1:10, 3:30, 5:50, 8:15, 10:30  
**AMC SELECT**  
**FUNNY GAMES (R)** 2:40, 5:30, 8:05, 10:30  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 1:00, 3:10, 5:20, 7:35, 10:10  
**THE OTHER BOLEYN GIRL (PG13)** 1:35, 4:20, 7:05, 9:50  
**THE OTHER BOLEYN GIRL (PG13)** 1:35, 4:20, 7:05, 9:50  
**IN BRUGES (R)** 2:05, 4:40, 7:25, 10:05  
**NO COUNTRY FOR OLD MEN (R)** 2:00, 7:20

**AMC POTOMAC MILLS 18**  
2700 Potomac Mills Circle, Ste 886  
703-998-4262

**DIGITAL PRESENTATION**  
**10,000 B.C. (PG13)** 1:20, 4:05, 6:50, 9:35  
**DRILLBIT TAYLOR (PG13)** ✓ 2:05, 4:50, 7:40, 10:10  
**DRILLBIT TAYLOR (PG13)** ✓ 2:05, 4:50, 7:40, 10:10  
**SHUTTER (PG13)** ✓ 12:30, 2:40, 4:55, 7:20, 9:50  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 1:00, 1:45, 2:30, 3:30, 4:15, 5:00, 6:00, 6:45, 7:30, 8:30, 9:15, 10:00  
**DOOMSDAY (R)** 1:50, 4:35, 7:25, 10:05  
**DR. SEUSS' HORTON HEARS A WHO (G)** 1:15, 2:00, 2:45, 3:45, 4:30, 5:15, 6:15, 7:00, 7:50, 8:45, 9:30  
**NEVER BACK DOWN (PG13)** 12:55, 3:50, 6:40, 9:40  
**10,000 B.C. (PG13)** 2:20, 5:05, 7:45, 10:20  
**THE BANK JOB (R)** 1:55, 4:40, 7:35, 10:20  
**COLLEGE ROAD TRIP (G)** 2:15, 4:45, 7:15, 9:45  
**SEMI-PRO (R)** 7:55, 10:10  
**VANTAGE POINT (PG13)** 12:45, 3:10, 5:35, 8:00, 10:15  
**JUMPER (PG13)** 7:05, 9:25  
**THE SPIDERWICK CHRONICLES (PG)** 12:30, 2:55, 5:25  
**AMC SELECT**  
**FUNNY GAMES (R)** 10:15 PM  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 2:10, 4:25  
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:20, 7:10, 9:55

**AMC COURTHOUSE PLAZA 8**  
Courthouse and Birch Rd.  
703-998-4AMC

**SHUTTER (PG13)** ✓ 2:45, 4:45, 7:10  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 3:10, 5:40, 8:00  
**NEVER BACK DOWN (PG13)** 3:00, 5:30, 8:10  
**10,000 B.C. (PG13)** 2:30, 5:00, 7:40  
**THE BANK JOB (R)** 2:50, 5:20, 7:50  
**COLLEGE ROAD TRIP (G)** 2:10, 4:40, 7:00  
**SEMI-PRO (R)** 5:10  
**CHARLIE WILSON'S WAR (R)** 2:40, 7:30  
**AMC SELECT**  
**IN BRUGES (R)** 2:20, 4:50, 7:20

**MAGIC JOHNSON CAPITAL CENTRE 12**  
800 Shopper's Way, Largo  
301-324-4220

**DRILLBIT TAYLOR (PG13)** 12:10, 2:40, 5:10, 7:40, 10:10  
**SHUTTER (PG13)** 2:15, 4:45, 7:15, 9:45  
**TYLER PERRY'S MEET THE BROWNS (PG13)** 12:35, 1:05, 2:05, 3:05, 3:35, 4:35, 5:35, 6:05, 7:05, 8:05, 8:35, 9:35, 10:25  
**DOOMSDAY (R)** 2:00, 4:30, 7:00, 9:30  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:05, 1:30, 2:30, 4:05, 5:00, 6:30, 7:30, 9:00, 10:00  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:05, 2:30, 5:00, 7:30, 10:00  
**NEVER BACK DOWN (PG13)** 1:10, 4:10, 7:10, 10:05  
**10,000 B.C. (PG13)** 2:20, 4:50, 7:20, 9:50  
**COLLEGE ROAD TRIP (G)** 12:20, 2:50, 5:20, 7:50, 10:20  
**WELCOME HOME ROSCOE JENKINS (PG13)** 1:50, 4:25, 7:25, 10:15

**LOEWS SHIRLINGTON 7**  
2772 South Randolph  
703-671-0910 801

**THE BAND'S VISIT (PG13)** 1:40, 3:50, 7:50  
**AMC SELECT**  
**FUNNY GAMES (R)** 2:10, 4:40, 7:10  
**SLEEPWALKING (NR-NOT RATED)** 1:50, 4:30, 7:00  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 2:30, 5:00, 7:40  
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:10, 7:20  
**THE COUNTERFEITERS (NR-NOT RATED)** 2:00, 4:20, 7:00  
**IN BRUGES (R)** 2:20, 4:50, 7:30

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**10,000 B.C. (PG13)** 2:00, 4:30, 7:00, 9:30

**AMC TYSONS CORNER 16**  
7850 Tysons Corner Center  
703-998-4262

**DIGITAL PRESENTATION**  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 1:50, 4:35, 7:15, 9:55  
**DRILLBIT TAYLOR (PG13)** ✓ 2:10, 4:55, 7:45, 10:20  
**SHUTTER (PG13)** ✓ 1:10, 3:30, 5:45, 8:20, 10:45  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 12:45, 3:15, 5:40, 8:10, 10:45  
**DOOMSDAY (R)** 1:40, 4:20, 7:20, 10:30  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:50, 2:05, 3:10, 4:30, 5:35, 7:05, 8:25, 9:20, 10:40  
**NEVER BACK DOWN (PG13)** 2:00, 4:45, 7:30, 10:10  
**10,000 B.C. (PG13)** 1:05, 1:55, 3:40, 4:30, 6:15, 7:25, 9:00, 10:00  
**THE BANK JOB (R)** 1:45, 4:15, 7:10, 9:45  
**COLLEGE ROAD TRIP (G)** 12:55, 3:20, 5:30, 7:40, 10:00  
**VANTAGE POINT (PG13)** 1:00, 3:25, 5:50, 8:05, 10:25  
**VANTAGE POINT (PG13)** 1:00, 3:25, 5:50, 8:05, 10:25  
**AMC SELECT**  
**FUNNY GAMES (R)** 1:30, 4:05, 7:00, 9:35  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 12:45, 3:00, 5:15, 7:40, 10:05  
**THE OTHER BOLEYN GIRL (PG13)** 1:55, 4:40, 7:20, 10:00

**AMC MAZZA GALLERIE**  
Jenifer and Wisconsin  
202-537-9553

**DRILLBIT TAYLOR (PG13)** ✓ 2:30, 4:45, 9:40  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 2:10, 4:40, 7:30, 10:10  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:40, 2:50, 5:00, 7:15, 9:30  
**THE BANK JOB (R)** 1:50, 4:30, 7:00, 9:55  
**COLLEGE ROAD TRIP (G)** 1:10, 3:20, 5:30, 7:40, 9:50  
**VANTAGE POINT (PG13)** 2:40, 5:20, 7:50, 10:15  
**AMC SELECT**  
**THE OTHER BOLEYN GIRL (PG13)** 2:00, 4:50, 7:30, 10:00

**LOEWS RIO CINEMAS 18**  
9811 Washingtonian Boulevard  
301-948-0906

**DIGITAL PRESENTATION**  
**10,000 B.C. (PG13)** 1:45, 4:20, 7:00, 9:40  
**DRILLBIT TAYLOR (PG13)** ✓ 1:55, 4:25, 7:00, 9:55  
**RACE (NR-NOT RATED)** 1:30, 5:05, 8:30  
**SHUTTER (PG13)** ✓ 1:25, 3:45, 5:55, 8:10, 10:30  
**TYLER PERRY'S MEET THE BROWNS (PG13)** ✓ 12:00, 1:10, 2:20, 3:40, 4:55, 6:10, 7:25, 8:40, 9:50  
**DOOMSDAY (R)** 2:35, 5:15, 7:55, 10:30  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:10, 12:50, 1:40, 2:30, 3:10, 3:50, 4:50, 5:30, 6:15, 7:10, 7:50, 8:30, 9:25, 10:10  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:10, 2:30, 4:50, 7:10, 9:25  
**NEVER BACK DOWN (PG13)** 1:35, 4:15, 7:30, 10:15  
**THE BANK JOB (R)** 2:00, 4:45, 7:20, 10:05  
**COLLEGE ROAD TRIP (G)** 1:15, 3:30, 5:45, 8:00, 10:25  
**VANTAGE POINT (PG13)** 2:15, 4:40, 7:15, 9:35  
**AMC SELECT**  
**UNDER THE SAME MOON (PG13)** ✓ 2:05, 5:00, 7:35, 10:20  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 1:50, 4:35, 7:05, 9:30  
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:10, 6:55, 9:45  
**PENELOPE (PG)** 2:10, 4:30, 6:50, 9:20

**LOEWS WHITE FLINT 5**  
North Bethesda  
1-800-FANDANGO #741

**DR. SEUSS' HORTON HEARS A WHO (G)** 1:50, 4:25, 7:10, 9:50  
**NEVER BACK DOWN (PG13)** 1:50, 4:25, 7:10  
**10,000 B.C. (PG13)** 1:45, 4:40, 7:15, 10:10  
**VANTAGE POINT (PG13)** 2:00, 4:15, 7:00, 9:20  
**AMC SELECT**  
**THE OTHER BOLEYN GIRL (PG13)** 1:45, 4:30, 7:25, 10:05

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**WHALING WALL:** Animal Planet joined anti-whaling activists in the Antarctic when filming its latest miniseries, "Whale Wars." Cameras followed a mission to stop a Japanese whaling ship. The series is scheduled to air this fall.

# Television

## ON TV TONIGHT

## IMPERFECT IO

The top 10 compete on **AMERICAN IDOL** (8 p.m., Fox).

## ONE HOUR WOULD BE PLENTY

On two helpings of **DANCING WITH THE STARS** (ABC), recaps (8 p.m.), and results (9 p.m.).

**FIVE-YEAR SPECIAL**

"Frontline" (9 p.m., PBS) concludes its four-hour history on **BUSH'S WAR**.

## HIPSTER HEAVEN

A moody, alienated actor (Zach Braff) with a stalled career returns to New Jersey for his mother's funeral and meets a kindred spirit (Natalie Portman) in the 2004 drama **GARDEN STATE** (9:05 p.m., IFC), directed by Braff.

HURRY UP

Jake and Hawkins have little time to



**CONSOLATION PRIZE:** "Dancing" duds will be grilled by Jimmy Kimmel.

explain a vast conspiracy on **JERICO**  
(10 p.m., CBS).

## NO REST FOR THE LOSERS

Two **DANCING WITH THE STARS** rejects will appear on **JIMMY KIMMEL LIVE** (12:05 a.m., ABC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# The Best Medicine

## An HBO docu-musical showcases theatrical therapy for autism

**TREATMENT** | The documentary “Autism: The Musical” (8 p.m., HBO) offers a thoughtful look at children with the neurological disorder as well as the toll autism has taken on many parents and families. The film follows Elaine Hall, the adoptive mother of 12-year-old Neal. Soon after bringing 2-year-old Neal home from Russia, he began to exhibit behavior that Elaine thought might be autism.

### Parents, counselors and teachers



**CHOICE TOOLS:** Elaine Hall and her son, Neal, battle his autism with music.

are encouraged to enter “the world” of the autistic children, even if that world manifests itself in odd and repetitive behaviors.

Elaine soon discovered that while many people had trouble engaging with Neal in this manner, actors and performers were eager to play along. This inspired her to found the Miracle Project in Los Angeles, where she is an acting coach.

"Autism: The Musical" follows Elaine and Neal, and other children and their parents over six months as they rehearse dialogue, songs and dance steps for a show that will bring them out of their shells. Like many documentaries of this sort, "Musical" is both inspiring and heart-breaking. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

3.25.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	4 News (N)		NBC Nightly News	Access Hollywood	The Biggest Loser: Couples (N)				Law & Order: Special Victims Unit		News (N)	Tonight Show	
	WTTG	5 News (N)	TMZ (N)	The Simpsons	Seinfeld	American Idol Ten finalists perform. (S Live)			'Til Death (N)	News (N)		News (N)	TMZ	
	WJLA	7 News (N)	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars "Recap" (N)			Dancing With the Stars (S Live)	(:02) Primetime: What Would You Do?		News (N)	(:35) Nightline (N)	
	WUSA	9 News (N)	Eveing News	News	Entertainment	NCIS "Dead Man Walking"			Big Brother: 'Til Death Do You Part	Jericho "Patriots and Tyrants"		News (N)	Late Show	
	WDCA	20 Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol	Street Patrol	Jail	Jail	Every-Raymond	King of the Hill	Law & Order: Criminal Intent		
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Bone Diggers"	(DVS)	Frontline "Bush's War" (N)			(DVS)	Life (Part 2)	Smart Travels	
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Bone Diggers"	(DVS)	Frontline "Bush's War" (N)			(DVS)	Independent Lens		
	WHUT	32 World Business	Tavis Smiley (N)		BBC World News	Moneywise	Great Performances "Martina McBride: Live in Concert"				BBC World News	Tavis Smiley	Charlie Rose (N)	
WDCW	50 My Wife and Kids	Family Guy	Two/Half Men	Two/Half Men	Beauty and the Geek (N)			Reaper "What About Blob?"		Friends	Friends	Family Guy	Sex and the City	
BASIC CABLE	A&E	Cold Case Files		CSI: Miami "Stalkerazzi"		The First 48		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Parking Wars	Parking Wars	
	Animal	The Crocodile Hunter		The Most Extreme Deadly snakes.		Maneaters (Series Premiere) (N)		After the Attack (N)		Animal Cops Detroit		Maneaters		
	BET	106 & Park: BET's Top 10 Live			Hell Date Special		"Hood Rat" (2001, Horror) Isaiah Washington, Ice-T.		College Hill		Black Poker Stars	Iron Ring (N)	Hell Date Special	
	Bravo	Real Housewives		Real Housewives of NYC		Real Housewives of NYC		Real Housewives of NYC		Real Housewives of NYC		Real Housewives of NYC		
	Comedy	(5:00) "Getting Away With Murder"		Scrubs	Scrubs	Daily Show	Colbert Report	Futurama	South Park	Bill Engvall: 15 Degrees Off Cool		Daily Show	Colbert Report	
	Court	World's Wildest Police Videos		Cops	Cops	Cops	Cops	Most Shocking		Disorder in the Court 3		Forensic Files	Forensic Files	
	Discovery	Cash Cab	Cash Cab	How It's Made	How It's Made	Dirty Jobs "Exotic Animal Keeper"		Dirty Jobs		How It's Made	How It's Made	MythBusters "Killer Tissue Box"		
	DISCH	Code Blue		Trauma: Life in the ER		Twins, Twins & More Twins		Quint-essential First birthday.		Deliver Me First-time mother. (N)		Twins, Twins & More Twins		
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	"Now You See It..." (2005) Alyson Michalka.			That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana	
	E!	Soup Presents	Chelsea Lately	E! News	The Daily 10	Will Smith: Hollywd Pitt		Girl Next Door	Girl Next Door	Kardashians	Kardashians	E! News	Chelsea Lately (N)	
	FX	(4:30) ★★ "Constantine" (2005, Fantasy)		Keanu Reeves.	★★ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt, Angelina Jolie, Vince Vaughn.						The Riches "Friday Night Lights" (N)		(:01) The Riches "Friday Night Lights"	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential	
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club		
	History	Modern Marvels: Civil War Tech		Modern Marvels: Snackfood Tech		The Universe		The Universe The rings of Saturn.		Ax Men "Storm Season Strikes"		Mega Disasters "Gamma Ray Burst"		
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	★★ "Video Voyer: The Susan Wilson Story" (2002) Angie Harmon.				Will & Grace	Will & Grace	
	MTV	Making the Band 4 "Finale"		The Hills		Tila Tequila Spring Break		True Life Anger struggles.		Life of Ryan (N)	Rob & Big (N)	Human Giant (N)	(:35) Rob & Big	
	NICK	SpongeBob	SpongeBob	Drake & Josh	Zoey 101	Avatar-Last Air	SpongeBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	
	SCI FI	Stargate SG-1 "Chain Reaction"		Scary But True	Scary But True	Scariest Places on Earth		Scariest Places on Earth		ECW Starring the monster Kane. (Live)		Destination Truth Manlike creature.		
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "A Man a Mile"		
	TBS	Friends	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy	Family Guy	Family Guy	Family Guy	The Office	The Office	Sex and the City	Sex and the City	
TLC	Flip That House	Flip That House	Mystery Diagnosis Baby turns blue.		The New Detectives		Dateline: Real Life Mysteries (N)		Most Evil "The Killer's Brain"		The New Detectives			
TNT	Law & Order "Untitled"		Law & Order "Access Nation"		Law & Order "New York Minute"		Law & Order "Church"		Bones		Cold Case "Red Glare"			
USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		NCIS "The Weak Link"		Law & Order: Criminal Intent			
VHI	America's Next Top Model		America's Next Top Model		America's Next Top Model		Rock of Love With Bret Michaels		Rock of Love With Bret Michaels		Celebrity Fit Club "Boot Camp"			
SPAN	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas	
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.	
SPORTS	ESPN	SportsCenter (Live)		College Basketball NIT Quarterfinal -- Teams TBA. (Live)				College Basketball NIT Quarterfinal -- Teams TBA. (Live)				SportsCenter (Live)		
	ESPN2	NASCAR Now	Rome-Burning	Women's College Basketball: NCAA Tourn. Second Round -- Teams TBA				Women's College Basketball NCAA Tournament Second Round -- Teams TBA. (Live)				HS Basketball		
	CSN	SportsNite	SportsNite	NHL Hockey Washington Capitals at Carolina Hurricanes. From the RBC Center in Raleigh, N.C.						SportsNite	NBA Basketball Washington Wizards at Portland Trail Blazers. (S Live)			
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360				
	FNC	Special Report		The Fox Report With Shepard Smith		The O'Reilly Factor		Hannity & Colmes		On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	Race for White House-David Gregory		Hardball		Countdown With Keith Olbermann		Verdict With Dan Abrams		Countdown With Keith Olbermann		MSNBC Reports "Chasing the Devil"		
MOVIES	AMC	★★★ "Blazing Saddles" (1974, Comedy) Cleavon Little. 'R'				★★★ "Silverado" (1985) Kevin Kline. The paths of four cowboys converge en route to a showdown. 'PG-13'				★★★ "The Comancheros" (1961)				
	TCM	★★★ "Suddenly, Last Summer" (1959, Drama) Elizabeth Taylor. 'NR'				★★★ "The Dark Past" (1949) William Holden. 'NR'				★★ "The Amazing Dr. Clitterhouse" (1938) 'NR'				
	HBO	(1:15) ★★ "Banditas" (2006, Western) Penélope Cruz.				★★★ "Autism: The Musical" (2007) 'NR'				(4:45) ★★ "Blades of Glory" (2007, Comedy) Will Ferrell.				
	MAX	★★★ "Coming to America" (1988, Comedy) Eddie Murphy.				★★★ "300" (2007, Action) Gerard Butler, Lena Headey.				★★★ "Gladiator" (2000, Historical Drama) Russell Crowe.				
	SHOW	(5:15) ★★ "American Gun" (2005)		★★ "Last Holiday" (2006, Comedy) Queen Latifah. iTV.		The L Word "Loyal and True" (iTV)		(:10) ★★ "National Lampoon's Dorm Daze" (2003) 'R'		Dorm Daze 2				
	TMC	★★★ "Mrs. Palfrey at the Claremont" (2005) Joan Plowright.		"English as a Second Language" (2007, Drama) Kuno Becker. 'R'		★★★ "Peaceful Warrior" (2006, Drama) Nick Nolte.		★★★ "American Pie" (1999)						
	STARZ!	(5:20) ★★ "Wind Chill" (2007)		★★★ "The Hoax" (2006, Drama) Richard Gere, Alfred Molina.		★★★ "Catch and Release" (2007) Jennifer Garner.		★★★ "American Pie" (1999)						
ENCORE	(5:00) ★★ Pulse		★★★ "Bed of Roses" (1996) Christian Slater. 'PG'		★★★ "Running Scared" (1986, Comedy-Drama) Gregory Hines.		(9:50) ★★ "Bulleetproof" (1996) 'R'		(1:15) ★★ "Kinpin" (1996) 'PG-13'					



## Sports



**CLOSER ... FOR NOW:** The Cubs made Kerry Wood their closer on Monday, and Jason Marquis got the nod as the fifth starter. Converted to a reliever last season to preserve his right arm and shoulder, the oft-injured Wood entered spring training in a three-way competition for the job.

# Spotlight on Dice-K in MLB's Opener

Red Sox ace will start but likely won't finish game in his homeland

**BASEBALL** | Complete games were common for Daisuke Matsuzaka in Japan.

Then he came to the United States, where pitch counts and caution forced him out of games

before he wanted to leave. Red Sox manager Terry Francona let him finish just one of his 32 starts as a rookie last year.

It's Year 2 of the Dice-K era, and Francona still isn't ready to give his hard-working right-hander the ball and let him keep it until the end.

So, fans in his homeland are bound to be disappointed Tuesday night when Matsuzaka starts in the opening game of the major league season against the Oakland Athletics. In 190 starts over eight



Starter Daisuke Matsuzaka runs onto the field at the Tokyo Dome before the Red Sox's last practice of the spring on Monday.

seasons with the Seibu Lions, he completed 72 games.

"If we were playing this game in June, I'd love to send him out there and let him try to pitch a complete

game, like he probably wants to," Francona said Monday. "We just probably can't shoot for that now. We're still at a stage where you're building arm strength."

Too much work now can lead to injuries later. The manager thinks Dice-K can throw 90 pitches, possibly more — but not much more.

"We're not going to let him go and go and go," Francona said.

And go and go and go some more the way he did in 1998 when he threw 250 pitches in a 17-inning complete game in the Koshien national high school tournament, won by his school, Yokohama.

With Boston last year, his pitch counts ranged from 72 to 130, reaching 120 just six times.

Joe Blanton starts for Oakland, and manager Bob Geren doesn't expect him to be intimidated by facing a national treasure of Japan.

"He is a very good pitcher," Geren said of Dice-K at a news conference Monday with Blanton, "and so is the guy sitting next to me."

But if Matsuzaka can pitch long enough to let Hideki Okajima and Jonathan Papelbon finish with one inning each, Francona would be happy.

"That would be about perfect. We would need to have the lead for that to happen," he said. "That's what we're shooting for. That's the formula." HOWARD ULMAN (AP)

**Early game:** Got up too late to watch the game? For results and analysis, visit [washingtonpost.com/sports](http://washingtonpost.com/sports)

## Lo Duca Is on Track for Opening Day

Catcher plays behind the plate for the 2nd day in a row in loss

**NATIONALS** | Paul Lo Duca spent a good chunk of his Monday meticulously updating the NCAA tournament pool charts hanging in the home clubhouse.

There he was in the morning, down on the floor, using a metal rod to help make sure the lines he drew were straight. And there he was in the afternoon, up on a stool, filling in the points accrued by teammates with their picks.

In between, Lo Duca tended to his day job: He caught for the Washington Nationals during their 5-3 exhibition loss to the Detroit Tigers, going 2-for-3 with an RBI double before being replaced by a pinch runner in the seventh inning.

It was the first time Lo Duca



Catcher Paul Lo Duca misses the tag on Tigers 2B Placido Polanco during Monday's 5-3 exhibition loss to the Tigers. Lo Duca will likely be ready for Opening Day.

has played in major league games on consecutive days since having surgery on his left knee. Afterward, he pronounced himself fit — and set for the regular season despite a shortened spring training.

"My knee feels great. Everything's on schedule," said Lo Duca, who signed a \$5 million, one-year deal with Washington after two seasons with the New York Mets. "The timing's starting to come a little bit, so hopefully it will be there opening night."

Barring a setback, Lo Duca will be behind the plate when left-hander Odalis Perez winds up and throws the first pitch in Nationals Park history Sunday night against the Atlanta Braves.

Lo Duca and Perez were teammates during the pitcher's best years with the Los Angeles Dodgers from 2002-04.

"He knows how to call games," Perez said. "He's intelligent. He's smart. ... He has a good memory."

HOWARD FENDRICH (AP)

## O's Rotation Up In the Air With 1 Week to Go

**ORIOLES** | Just because it's the final week of spring training doesn't mean Baltimore Orioles manager Dave Trembley has settled on his starting rotation.

Right-hander Jeremy Guthrie has been selected to start the Orioles' March 31 opener against Tampa Bay. But when asked who will pitch after that, Trembley cautioned reporters not to read anything into who's starting the team's final handful of exhibition games.

"I'm looking at this week as a week where we get everybody on track, the weather cooperates and we get guys' pitch counts up. ... I'm always going to be concerned about the starting pitching because we're only going to be as competitive as our starting pitching allows us to be," Trembley said. (AP)





**BACK IN THE SADDLE:** The San Antonio Spurs re-signed guard Brent Barry on Monday, a month after trading him to Seattle. The SuperSonics waived Barry on Feb. 21, a day after he was acquired along with Francisco Elson and a 2009 first-round draft pick from the Spurs for Kurt Thomas.

## Sports

# Arenas Says He Is Ready to Play

All-Star will travel with the Wizards, but team doctor won't clear him

**WIZARDS** | With only 13 games remaining in the regular season, Washington Wizards guard Gilbert Arenas knows that his chances of making an impact this season are dwindling.

Arenas, who has missed 61 games this season recovering from surgery on his left knee, will be with the team as it opens a five-game road trip Tuesday night at Portland, but the three-time All-Star has not been cleared to play. He showed up at Verizon Center Sunday evening expecting to make his return against the Detroit Pistons but team doctor Marc Connell, who performed the surgery on Nov. 21, advised him that he needs to wait at least another week before testing the knee in a game.

The Wizards close the trip on Monday night at Utah and host Milwaukee two nights later.



Gilbert Arenas has been sidelined for 61 of the Wizards' games this season. He will travel with the team on its West Coast road trip, but hasn't been cleared to play.

### What's Going On?

→ With Arenas set to opt out of his contract after the season, there are a lot of questions surrounding both his motivation and the Wizards'. | **Today, Sports**

**The Washington Post**

"Even if I'm cleared next week, that's not enough games for me to get my swagger," Arenas said Monday before the team boarded a flight to Portland. "Plus, I'm going to play [fewer] minutes. When I do get back, I'll be playing 20 minutes [per game]. That's not enough for me to be me. I need games under my belt."

Arenas expressed doubt about the latest timetable. "They're not going to clear me next week. They said that last week about this week," he said.

"I just don't know what is going to change a week from now," he said. "All I know is that I want to play. I want to be out there."

IVAN CARTER (THE WASHINGTON POST)

## Redskins Retain Fabini and Frost With New Deals


**REDSKINS** | The Washington Redskins agreed to terms on Monday with offensive lineman Jason Fabini and re-signed punter Derrick Frost.

Fabini signed with the Redskins last season as a backup, but he ended up starting 13 games following injuries to Randy Thomas and Jon Jansen.

With Thomas and Jansen expected to return healthy, Fabini is projected to be a versatile reserve again this season.

Fabini spent eight seasons with the New York Jets and one with the Dallas Cowboys before joining the Redskins.

Frost, a four-year veteran, started all 16 games for the Redskins last season, averaging 40.9 yards on 75 punts. He has spent each of the last three seasons with the Redskins after starting his career with the Browns. In his career, he has kicked 317 punts for an average of 41.1 yards per punt. (AP)



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De Island Masqueraders  
Presented by: US Virgin Islands

12:15 pm-12:45 pm  
Kaua'i Traditional music & Dance  
Presented by: Kaua'i Visitors Bureau

1:00 pm - 1:15 pm  
Israeli Performance  
Presented by: Israel Ministry of Tourism

1:30 pm- 2:15 pm  
Aruba Carnival  
Presented by: Aruba Tourism Authority

2:30 pm- 3:00 pm  
Sahara Dancers  
Presented by: Adventures in Travel Expo

3:15 pm- 3:45 pm  
Culkin School of Traditional Irish Dance  
Presented by: Tourism Ireland

4:00 pm - 4:30 pm  
MAPENZI NA MUZIKI  
Presented by: ZARATOURS

### Sunday, March 30

11:00am - 11:30am  
MAPENZI NA MUZIKI  
Presented by: ZARATOURS

11:45am - 12:15pm  
Kaua'i Traditional music & Dance  
Presented by: Kaua'i Visitors Bureau

12:30pm - 1:00pm  
Israeli Performance  
Presented by: Israel Ministry of Tourism

1:15pm - 1:45pm  
Aruba Carnival  
Presented by: Aruba Tourism Authority

2:00pm - 2:30pm  
Virgin Islands Carnival Troupe  
Presented by: US Virgin Islands

2:45pm - 3:15pm  
Sahara Dancers  
Presented by: Adventures in Travel Expo

3:30pm - 4:00pm  
Oasis Band: Music by Shawkat Sayyad  
Presented by: Adventures in Travel Expo

All performances subject to change without notice.

## Seminars at-a-Glance

Note: Sessions subject to change without notice.

For all speaker times, names and session descriptions please visit: [www.adventureexpo.com](http://www.adventureexpo.com)

### SATURDAY March 29

**Booth 837**  
**Theatre**

**11:30am – 12:30pm**  
**Everest and Beyond**  
*Dean Cardinale, Professional avalanche forecaster, rescuer, mountaineer & humanitarian*  
National Geographic *ADVENTURE*

**1:00pm – 2:00pm**  
**Geotourism and the Crown of the Continent**  
*James Dion, Center for Sustainable Destinations, National Geographic Society*  
*Steve Thompson, National Parks Conservation Association*

**2:15pm – 3:15pm (Adventure Travel Theatre)**  
**KEYNOTE:**  
**Lessons from a Lifetime of Travel**  
*Tony Wheeler, Founder, Lonely Planet Publications*  
... Book Signing to Follow ...

**3:30pm – 4:30pm**  
**A Great Western Loop**  
*Andrew Skurka, ADVENTURE's 2007 Adventurer of the Year*

**4:45pm – 5:45pm**  
**To the Ends of the Earth: Adventures of an Expedition Photographer**  
*Gordon Wiltsie, Photographer, writer, climber & explorer, National Geographic ADVENTURE*  
... Book Signing to Follow ...

**Booth 245**  
**Theatre**

**1:00pm – 2:00pm**  
**KEYNOTE:**  
**Bizarre Foods of the World**  
*Andrew Zimmern,*  
*Host – Bizarre Foods with Andrew Zimmern,*  
*The Travel Channel*



... Autograph signing prior to start of session ...

**3:30pm – 4:30pm**  
**How to Plan the Perfect Safari**  
*Ashish Sanghrajka, Big Five Tours & Expeditions*  
*James Currie, CC Africa*

**4:45pm – 5:45pm**  
**Discover Malaysia... Where Adventure Awaits**  
*Norizah Abidin, Deputy Director, Tourism Malaysia*

### SUNDAY March 30

**11:30am – 12:30pm**  
**A Great Western Loop**  
*Andrew Skurka, ADVENTURE's 2007 Adventurer of the Year*

**12:45pm – 1:45pm**  
**Travel Green - How to Have the Trip of a Lifetime and Help Protect the Earth**  
*Costas Christ, Global Travel Editor, National Geographic ADVENTURE*

**11:30am – 12:30pm**  
**How to Travel Now: Ten Money-Saving Strategies**  
*Erik Torkells, Editor, Budget Travel magazine and BudgetTravel.com*

**12:45pm – 1:45pm**  
**Best Girlfriend Getaways**  
*Marybeth Bond, 'The Gutsy Traveler', National Geographic Author*  
... Book Signing to Follow ...

**(National Geographic Theatre)**  
**1:45pm – 2:00pm**  
**Kenya Update**  
*His Excellency Peter N.R.O. Ogego, Kenyan Ambassador to the United States*

**(National Geographic Theatre)**  
**2:00pm – 3:00pm**  
**KEYNOTE:**  
**1,000 Places to See Before You Die**  
*Patricia Schultz, Best Selling Author, 1,000 Places to See Before You Die and 1,000 Places To See in the USA and Canada Before You Die*  
... Book Signing to Follow ...

**3:15pm – 4:15pm**  
**Equestrian Adventures**  
*Darley Newman, Host & Producer, PBS series Equitrekking®*  
*Chip Ward, Executive Producer & Still Photographer*  
*PBS series Equitrekking*

**3:15pm – 4:15pm**  
**A Kaleidoscopic Magic Carpet Ride Around the World**  
*Peter Guttman, Award-winning Photographer and Travel Photo Journalist*

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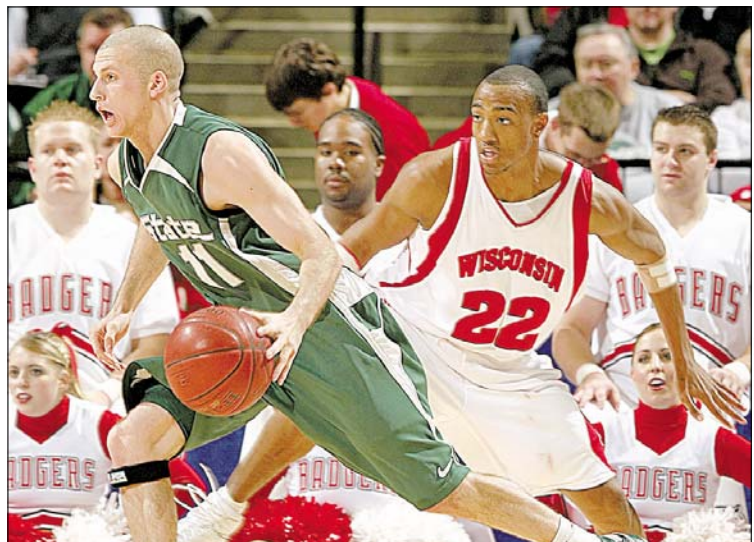
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**2** The number of entries, out of 3.65 million ESPN brackets, that correctly picked all 16 teams that remain in the NCAA tournament after the first weekend, down from 45 last year.

## Sports



Michael Flowers, right, has guarded talented players like Drew Neitzel all season.

# Badgers to Send Flowers to Curry

Wisconsin's defensive stopper will have his hands full on Friday

**NCAA TOURNEY** | Michael Flowers says he's been getting ready to guard Stephen Curry his whole life.

Flowers, Wisconsin's senior defensive specialist, likely will guard Davidson's star guard when the Badgers and Wildcats meet Friday in the round of 16.

Curry comes into the game white-hot. But Flowers said years of guarding opponents' stars has him ready.

"At the end of the game I want him to be breathless and remember what team he played against and how hard he worked," Flowers said.

Davidson, a tiny school just north of Charlotte with just 1,700 students, has had a banner year. The Wildcats are 28-6, including

a 20-0 mark in the Southern Conference, and riding a 24-game winning streak.

Driving it all has been Curry, the son of NBA sharpshooter Dell Curry. The Wildcats had not won an NCAA tournament game in nearly 40 years before this past weekend and came into the tournament as a 10th seed. They took down seventh-seeded Gonzaga in the first round Friday behind 40 points from Curry, and then he scored 25 of his 30 points in the second half to help Davidson rally past Georgetown, 74-70.

Wisconsin (31-4) isn't buying into the Cinderella label.

"Preparation for this game has been going on my whole career at Wisconsin," Flowers said. "Hopefully, I was a good enough student of the game to make Curry react to me and make him uncomfortable and just discourage him from getting an open look." **TODD RICHMOND (AP)**

## Teasley Is Waived by the Mystics

**MYSTICS** | Nikki Teasley was waived by the Mystics on Monday, ending her two seasons with the team.

Teasley averaged 5.2 points and 3.3 assists last year, down from 10.7 points and 5.4 assists in 2006.

Teasley was acquired from the Los Angeles Sparks in 2006 for

Temeka Johnson, Murriel Page and the No. 5 overall pick in the draft. She had spent four seasons with the Sparks.

Teasley recently revealed that she is pregnant, but GM Linda Hargrove said the pregnancy was not related to Teasley's release. **(AP)**

## Swengali

**HOYAS HOOPS** | BY MATT SWENSON

### Hoyas Will Be OK In the Long Run

**YOU'VE ALL HEARD IT BY NOW:** Davidson beat Goliath.

Two years ago, this area was on the opposite side of the equation as George Mason toppled giants Michigan State, North Carolina and Connecticut in the NCAA tournament.

As tough a pill as it was to swallow Sunday, the upset of Georgetown is exactly what makes March Madness great.

Davidson is a terrific team to watch. I hope Stephen Curry can carry the team all the way to the Final Four, a stage he is worthy of.

But you can't feel all that bad for the Hoyas. This group never quite reached the level of last year's team,

**This group never quite reached the level of last year's team, yet it still won a Big East title.**

yet it still found a way to win the Big East regular season title.

Roy Hibbert, as he showed again, is still a work in progress. Jonathan Wallace played well in his finale, but, just like the rest of Georgetown nation, he missed Jeff Green desperately Sunday.

The loss doesn't damage the program. Three starters — DaJuan Summers, Jessie Sapp and Austin Freeman — will return, as will Chris Wright, Vernon Macklin and Jeremiah Rivers, who needs to find a jump shot this summer.

Add a top-notch recruiting class, and Georgetown will be dancing again next year.

It's OK to cheer for Cinderella now, but remember, Hoyas fans: It's better to be a Goliath in the long run.

**@** To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

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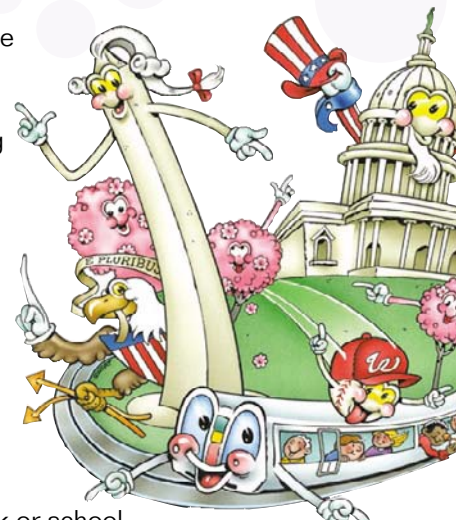
## THE HUNT IS ON! Look for it...

On May 18, humorists/writers/wild and crazy guys Dave Barry, Gene Weingarten and Tom Shroder will kick off the first Post Hunt ever in downtown D.C. If you know any of these guys from The Washington Post Magazine, you know we'll be in for a wild ride, (or at least, a weird afternoon)!

### What's the Hunt?

The Post Hunt is a huge mutant brainteaser — a kind of urban safari, where you'll be hunting for the answers to wacky and challenging puzzles woven into the streetscape of Washington's eclectic neighborhood of Chinatown/Penn Quarter. The winning team (or solo brainiac) gets exciting prizes.

Bring friends from work or school, your siblings or your kids. The Post Hunt is a great occasion for folks of all ages to run around downtown, and try to act smart for prizes.



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32

The score of Boston College quarterback Matt Ryan on the Wonderlic test, which is supposed to measure football intelligence. Twenty is considered average and 50 is perfect.

## Sports

## Nowitzki Is Sidelined Indefinitely

Mavericks forward says he hopes to be ready in 1 to 2 weeks

**NBA** | Dirk Nowitzki of the Dallas Mavericks is out indefinitely with a moderate high-ankle sprain and a mildly sprained knee.

It's a blow to the Mavericks' title hopes — and perhaps their chances of making the playoffs. The team



Nowitzki

announced the diagnosis after the reigning MVP got an MRI exam Monday, the day after he was injured during a game against San Antonio. He

landed awkwardly on his left leg after running to block a shot.

Nowitzki said he's hoping to be out only one or two weeks. The regular season ends in three weeks.

"I'm trying to see the positive, and it could've been a lot worse," Nowitzki said, wearing a protective boot on his left ankle. "It could've been a season-ending injury or even career-ending."

He said the ankle and knee are both still stiff. He's trying to reduce swelling by putting them in ice every two hours, even when he sleeps. Doctors will check him out again Tuesday, then set a rehabilitation plan. JAIME ARON (AP)

### TODAY'S TV LINEUP

**BASEBALL (6 A.M. ON ESPN2)** Get up early if you want to catch the MLB opener between the Red Sox and the A's, which is being played in Tokyo.

**COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN)** Syracuse hosts Massachusetts, and Florida travels to Arizona State for a chance to go to the final four — of the NIT.

**TERPS WOMEN'S HOOPS (9 P.M. ON ESPN2)** Nebraska is at top-seeded Maryland for a second-round game in the NCAA tournament.



DAVID CANNON/GETTY IMAGES

Geoff Ogilvy was able to do what no one has done to Tiger Woods this year: beat him.

## Ogilvy 1st to Beat Tiger in 7 Months

Woods makes a surge to close just 2 back in rain-delayed tourney

**GOLF** | So much for that perfect-season talk. Not only has Tiger Woods been beaten; Geoff Ogilvy did it on a course where the world's No. 1 player looked unstoppable in recent years.

Ogilvy won the CA Championship on Monday, saving a round that seemed in peril with a chip-in for par at the 13th hole and going on to claim his second victory in a World Golf Championship event.

A final-round of 1-under 71 was good enough for him to finish at 17 under, one shot better than Retief Goosen, Jim Furyk and Vijay Singh. Woods was alone in fifth at 15 under, losing for the first time in his last eight starts worldwide.

"It was going to end at some point," Ogilvy said. "I'm very glad that I did it. It's a nice place to do it, too, because he's obviously owned

this place for the last few years."

With the win, Ogilvy joined select company — only Woods and Darren Clarke have more than one WGC title. But this week won't be remembered for that accomplishment: It'll be known as the week someone finally took down Tiger.

"As players, it's nice to see somebody else lift a trophy for a change," Goosen said.

It was Woods' first defeat since Sept. 3, and his perfect start to 2008 — 3-for-3 on the PGA Tour, 4-for-4 overall — begged the ridiculous-sounding question: Could he go unbeaten for an entire year?

In typical fashion, Woods made a huge charge Monday at Doral, where he'd won each of the last three years. He birdied three of the seven holes he played, getting to 15 under but never making up the entire gap.

"You want to always win every one you play in," Woods said. "So, you've just got to get ready for the next one." TIM REYNOLDS (AP)

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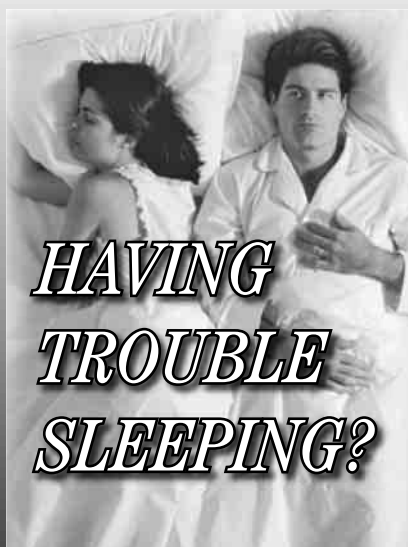
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# LOOK out

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Pursuits

### Writer's Digest's files reveal countless tips, and queries on writing

Emma Gary Wallace, a professional author, had more than a few notions about the business of writing.

With a resume that included essays in housekeeping and cooking magazines, and a popular Christmas story, "The New Neighbor," she was able and ready to share tips with readers of a new monthly magazine called Successful Writing.

"Writers waste a great deal of postage sending stuff around the country to impossible markets," she observed. "Don't carry coals to Newcastle or offer jewelry in a blacksmith shop. Every magazine has its own policy and makes a definite appeal to a certain clientele. Study these and take them into consideration when offering your wares for any market."

The year was 1921, and advice about writing was — and remains — a market itself.

**At the heart of the game, the riddle remains: How does one write, and write well?**

The timeless cry for help as one makes the great leap from the desire to write to published writing has inspired countless books, classes and Web sites. Successful Writing, now Writer's Digest, is one of the oldest players in the business. Based in Cincinnati at the corporate headquarters of F&W Publications, it still enjoys a circulation of more than 100,000.

"I sincerely believe that we have

something to offer a broad spectrum of writers at every stage of their development, from the novice to the veteran writer in every genre," says Writer's Digest editor Maria Schneider.

For anyone who wonders what the emerging writer has faced over the decades, the magazine's files — preserved in bulky, bound volumes — tell a dual history.

Evolution is constant, as technologies from airplanes to computers, and historical events from the Great Depression to the sexual revolution, bring on new markets and genres.

But at the heart of the game, the riddle remains: How does one write, and write well? How do you get your writing noticed and sold?

# The Right Way to Write

Like the best epics, reading through the pages of Writer's Digest is less about finding the answer than enjoying the questions.

"It's like asking if we're any closer to the great mystery of how one paints a portrait or composes a symphony?" says mystery writer Lawrence Sanders, who for years contributed a column to Writer's Digest. "Most of the arts certainly are extremely difficult, and there are always more people who want to do it than can do it."

Writer's Digest features interviews, market surveys and general advice. The April issue includes a cover story on vampire novelist Laurell K. Hamilton and an essay by contributor Bonnie Trenga, who recommends that sentences run no longer than 40 words because "your readers don't have a very long attention span."

When the magazine debuted, "crook stories" were in, dialect was out and the great new draw was "motion pictures," or photo-

INSIDE

Pamela A's single once again | 38



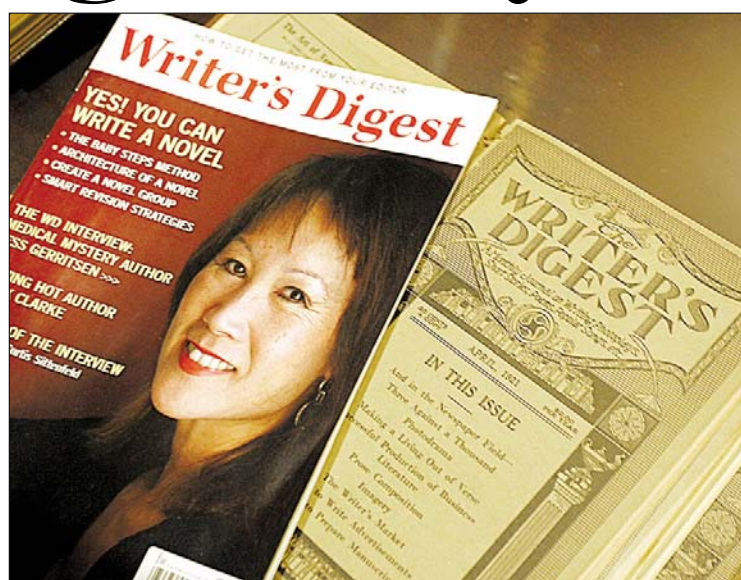
Styles: Cribs get a contemporary vibe | 35

Discussions: Secrets of Peeps dioramas | 36

PHOTOS BY DAVID KOHL/AP



**WRITE STUFF:** Maria Schneider, the editor of Writer's Digest, holds an old issue of the magazine, which was founded in 1920.



A recent issue of Writer's Digest is shown next to a 1921 issue of the magazine.

plays, a business barely as old as the century. The Goldwyn Co. ran an advertisement about its hunt for the "screen's own Shakespeare." An article reported that the "penurious playwright who used to peddle manuscripts" was "probably writ-

ing his plays for the motion pictures now, and living in ease."

If publishing was ever a gentleman's game in tweed, the pages of Writer's Digest were not telling. Books over the decades were compared to breakfast food, chewing

gum and oil-burning engines. A columnist in 1930 complained of the "abnormal emphasis ... on sex." As early as 1945, the industry was condemned for selling its soul to the gods of publicity.

The publishing market became a code to crack and, over time, self-proclaimed experts came bearing solutions. But all agreed that the only way to become a writer was to write. John Updike recommended steady work, while Michael Chabon said nothing was possible without "talent," "luck" and "discipline."

In the early 1920s, a short story writer offered a terse formula for success after a less fortunate peer sought help on how to develop a plot. "Your letter was very vague as to what you wanted to know," the author scolded. "Study Kipling and O. Henry, and work like hell! I had 122 rejections slips before I sold a story."

The author, F. Scott Fitzgerald, was not easily discouraged.

HILLEL ITALIE (AP)



# Science Under the Sea

## Marine Life

### High-tech maps offer clues about how to save coral habitats

Whirring over a sun-streaked patch of tropical seafloor, a submersible equipped with cameras is helping to provide the most detailed maps ever recorded of underwater shelves and struggling coral reefs off of Puerto Rico.

The small machine, tethered to a 187-foot survey ship, was steered by remote over coral hills, sending a fish's-eye view back to scientists who studied the images in hopes of restoring reefs weakened by man-made and natural threats.

More exact contours were mapped in an hour by video and multibeam sonar imagery than were ever charted before in the area.

"It's neat getting the images because some of these spots are where Captain Cook's ships were once dropping lead lines to get an



Researchers lower a submersible with cameras into the water off Puerto Rico.

idea of what was down there," said researcher Mike Stecher, referring to the centuries-old practice of lowering weighted lines to measure depth.

Scientists and observers watch fish dart behind coral and sponges

on images sent by the submersible to a control room on the Nancy Foster, a ship operated by the National Oceanic and Atmospheric Administration.

The maps generated by the NOAA team during an expedition

**"You can't pull down big ice cubes to help stop warming oceans, but we have a responsibility as humans to preserve these habitats."**

MARK MONACO, MARINE BIOLOGIST

along coastal stretches of Puerto Rico will help gauge the health of dwindling coral habitats, some of which have been "bleached" and killed by climate change, according to the mission's chief investigator, Tim Battista.

Reef-building coral, a tiny polyp-like animal that builds a calcium-carbonate shell around itself and provides important refuge, breeding and feeding areas for thousands of marine creatures, is under assault in the Caribbean and across the globe.

In Puerto Rican waters, shallow-water reefs are stressed badly

by coastal pollution and overfishing. Nearly half of the coral in areas of the neighboring U.S. Virgin Islands died from disease outbreaks after months of warming waters in 2005.

Researchers have predicted that up to 60 percent of the world's coral could die by 2030 if ocean temperatures and pollution levels continue to inch upward.

Carbon dioxide and other greenhouse gases contribute to rising sea temperatures that are damaging the reefs.

NOAA marine biologist Mark Monaco said the U.S. agency has been undertaking the most extensive mapping study ever of reefs from the Atlantic to the Pacific using a wide variety of imaging systems to support natural resource management and save dwindling reefs.

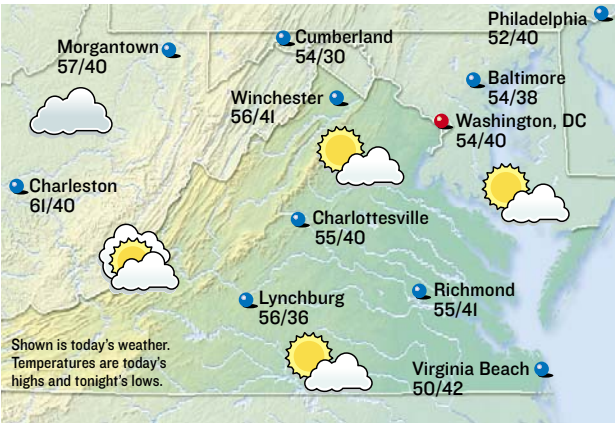
"Coral reef ecosystems that we see today clearly have many stressors. You can't pull down big ice cubes to help stop warming oceans, but we have a responsibility as humans to preserve these habitats," Monaco said aboard the NOAA research vessel.

A key, Monaco said, is to protect these fragile areas from damaging pressures by enforcing rules against overfishing, runoff from coastal developments, and the impacts of anchors. DAVID MCFADDEN (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly cloudy	Partly sunny	Mostly cloudy, a shower possible	Partly sunny	Rain
54°	40°	64° / 44°	58° / 44°	61° / 41°	59° / 42°

### Regional Weather



### Almanac

Washington, D.C., through 4 p.m. Mon.

**Temperature**

High ..... 52°

Low ..... 37°

Normal high ..... 58°

Normal low ..... 40°

Average humidity ..... 37%

### Precipitation

24 hours ending 4 p.m. .... 0.00"

Month to date ..... 2.75"

Normal month to date ..... 2.84"

Year to date ..... 8.29"

Last year to date ..... 7.87"

Normal year to date ..... 8.79"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

**D.C. Metro:** Today, mostly sunny. High 54. Wind south-southwest 6-12 mph. Tonight, mostly cloudy. Low 40. Wind south-southwest 8-16 mph.

### Sun and Moon

Sunrise today	7:03 a.m.
Sunset tonight	7:25 p.m.
Moonrise today	11:42 p.m.
Moonset today	8:32 a.m.

Last

New

First

Full

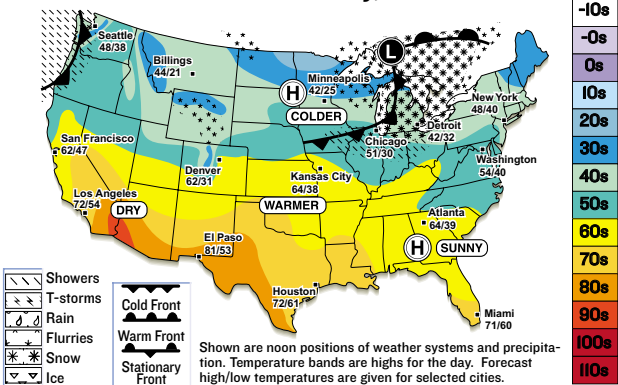
Mar 29

Apr 5

Apr 12

Apr 20

### National Weather for Tuesday, March 25



### National Cities

City	Today	Wed.
Atlanta	Hi/Low/W 64/39/s	70/49/w
Boston	40/36/s	53/35/pc
Chicago	51/30/c	50/30/pc
Dallas	71/60/s	79/64/c
Denver	62/31/c	63/34/c
Honolulu	83/71/pc	83/70/s
Los Angeles	72/54/pc	70/52/pc
Miami	71/60/pc	77/67/pc
New York City	48/40/s	56/38/pc
Orlando	68/50/s	76/55/s
Seattle	48/38/r	46/36/sh

### World Cities

City	Today	Wed.
Amsterdam	Hi/Low/W 41/34/sn	43/37/sn
Athens	59/48/sh	57/50/pc
Berlin	37/28/sn	40/27/pc
Buenos Aires	81/64/t	84/61/t
Calgary	42/20/pc	42/20/pc
Dublin	46/41/sh	48/37/sh
Geneva	41/36/sh	44/42/sn
Moscow	52/36/r	39/30/pc
Rome	54/40/sh	57/41/pc
Sydney	82/68/t	77/63/c
Tokyo	61/46/s	57/50/sh



# Styles

# LOOKout



BABIES "R" US, ARGINGTON/AP

## Trends for Tots

↑ A Scandinavian bedding set by Babi Italia and Mod Pod is now being sold at Babies "R" Us.

### Pimp my pad? More babies are getting chic setups today

Who said nursery design had to be color-by-numbers?

Designers are putting a fresh spin on traditional baby furnishings for a generation of parents who favor contemporary decor. Americans plunked down about \$1.2 billion on infant furniture in 2006, according to the Juvenile Products Manufacturers Association.

"People want to apply the same aesthetic to the baby's room that they have done in the rest of the

house," says Christiane Lemieux of DwellStudio, which is launching a line of baby furniture, rugs and clothing this spring at Target. "I also think that more and more parents want to surround their kids with great design right from the start."

The trend is spurred in part by celebrity moms whose offspring's cool digs make the pages of magazines. And it helps that new parents are willing to surf the Internet for styl-



ish design. Retailers expect a further bump in the next few years, when millions of Generation Y women reach peak childbearing age and more baby boomers become grandparents.

“More parents want to surround their kids with great design right from the start.”

CHRISTIANE LEMIEUX, DWELLSTUDIO

The options are dizzying: Stokke is selling an egg-shaped crib, while Argington, Nurseryworks and DwellStudio offer crib-changer-dresser combos that are sleek and practical. Bedding sets run from charming, Swedish-influenced animal graphics (Dwellbaby, Amenity) to bold tangerine plaid and hot pink graffiti (dukduk).

Even Babies "R" Us, a source for moderately priced kids' furniture, is introducing several new collections, including Skip Hop and Mod Pod bedding that wouldn't look out of place in a swanky hotel.

"We expect the new modern nursery to be simpler and more refined," says James Fernandez, merchandising director for DesignPublic, which carries whimsical mobiles and Salvor Fauna's photoprinted animal pillows.

Andrew Thornton and Jenny Argie of Argington collaborated with ODA, Office for Architecture and Design, on the Hagia bassinet, a versatile, mobile piece that converts to a co-sleeper and later a toddler rocking horse.

"People say they'd like to have kids again just to take a consumer role in today's market, given the multitude of modern styles currently available," Thornton says. KIM COOK (AP)

← This contemporary Hagia walnut bassinet was designed by ODA and Argington Inc.

## Beauty



### Lipstick Gone Lite

This lip balm lover usually eschews lipstick. It usually feels too dry and the colors too dramatic for someone who is normally devoted to plain old clear gloss, thank you very much. But Aveda's new line of **NOURISH-MINT LIPSTICKS**, (\$14, Aveda.com) which smell like peppermint and promise to moisturize and plump up the pout with botanical emollients, are a helpful first step into the world of Real Makeup. **RENEWING LIP TREATMENT** is Chap Stick cleverly disguised in a lipstick tube (\$15). Still, it makes a comforting first layer before you smooth on subtle shades like Sheer Saffron. KATIE ABERBACH (EXPRESS)

## Hair

### Straight Up

If hair strands could speak, they would probably say something along the lines of "Gaaaaaah! Not again! Anything but 400 degrees of straightening torture!" That is, until they were coated with **NEXXUS SLEEK MEM-ORY STRAIGHTENING SPRAY** (\$12, drugstores). A few quick spritzes on washed locks resulted in, uh, sleek and well-trained tresses. Sure, it smelled a little chemically, but that can be attributed to the top secret "NEXXUSPHERE" Technology. Once dried and straightened, there's no smell but that of a smashing hair success and grease-free 'do. KRIS CORONADO (EXPRESS)





# Look out Online


[readexpress.com](http://readexpress.com)

## site specifics



### ENTERTAINMENT

## No Term Limits

The Presidents of the United States of America are still peachy. The goofy '90s alt-rock trio hits the 9:30 Club on Tuesday, and Tim Follis spoke with guitarist Andrew McKeag about the band's excellent new album, "These Are the Good Times, People." | [COMING UP](#)

### MUSEUMS

## For the People

Against a backdrop of racial tensions and the Vietnam War, the Smithsonian Institution's Anacostia Neighborhood Museum opened its doors on Sept. 15, 1967. Jessica Gould spoke to director Camille Giraud Akeju, who will lecture on the museum's legacy at 10:30 a.m. on Wednesday. | [COMING UP](#)



### MUSIC

## Oregon Trail

Portland's Blitz Trapper treks down the indie-rock road map, touching on everything from Neil Young to the Shins. Rudi Greenberg spoke with Trapper singer Eric Earley, whose band plays Tuesday at the Black Cat, about his myriad influences. | [COMING UP](#)

## comment board

**“When I was** young-er, I watched Florida State football and always said, “I’m going to go there one day!”

**COMMENTER JB**, WHO ADDED, “I OBTAINED MY BACHELOR’S AND MASTER’S [DEGREES] FROM THIS UNIVERSITY, AND I BLEED GAR-NET AND GOLD!”

**“I am currently** a junior at UMD.-College Park, and the Terrapin sports teams definitely didn’t influence my decision to apply.”

**COMMENTER JOHNATHAN**, WHO ADDED, “BEFORE I JOINED THE SCHOOL, I HARDLY CARED ABOUT TERPS SPORTS. BUT NOW I AM A VERY LOYAL FAN.”



**“It didn’t influence** where I went to college, but I notice that I give more money to my alma maters that have successful sports teams than to those that don’t.”

**COMMENTER BUCKEYE AND TRIBE FAN**, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “DID THE SUCCESS OF A SPORTS TEAM INFLUENCE WHERE YOU APPLIED TO COLLEGE?”

## poll center

DID THE SUCCESS OF A SPORTS TEAM INFLUENCE WHERE YOU APPLIED TO COLLEGE?

**89%** **NO** **11%** **YES**

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

# Blog LOG

“We were late to the Easter service and, as bad Lutherans, were ushered up to the very front row.”

**KENANDBELLY.BLOGSPOT.COM** ACCIDENTALLY “AUTOPILOTED RIGHT PAST [HER] CHURCH SUNDAY,” CAUSING HER FAMILY TO BE LATE, ADDING, “CONSIDERING HOW FULL OUR CHURCH GETS ON HOLIDAYS, WE WERE PRACTICALLY IN THE CHOIR’S LAP.”



JULIA EVAN/TWP

**“If you were to hold a marshmallow gun to our heads, none brought us more delight than ... the Filipino prison ‘Thriller.’”**

**DEFAMER.COM** IS ENTHRALLED BY THE WASHINGTON POST’S SECOND-ANNUAL PEEPS CONTEST ENTRY INSPIRED BY A POPULAR YOUTUBE HIT OF FILIPINO PRISONERS DANCING.



**“EVERYONE RETIRES** a millionaire. I wonder if this game is warping children, convincing them that adulthood is a lockstep of success with little to no effort. Who am I kidding? Kids today think that way anyhow, without the influence of Milton Bradley.”

**SHANNONSTAMEY.BLOGSPOT.COM** PLAYED THE BOARD GAME “LIFE” ON SATURDAY AND LAMENTS THE BIZARRE STEREOTYPES THE GAME PUTS FORWARD.

**“YEAH. I WATCH** ‘Dancing With the Stars.’ But I’m married. What’s your excuse?”

**MARKGUPPY.COM** APPARENTLY DOESN’T SEE ANY REASON FOR SINGLES TO WATCH THE ABC COMPETITION/REALITY SHOW

**“BEING FROM VIRGINIA**, I embrace the fact that we have produced the most U.S. presidents. With eight presidents born in Virginia ... [I] believe the state slogan should be, “Virginia: We Birth Presidents.”

**LIFEASLIST.BLOGSPOT.COM** SHOWS HER STATE PRIDE, ADDING, “IT MAY COME IN HANDY IF YOU’RE EVER ON ‘JEOPARDY!’”

## Discussions

Lego people. That’s an affront to the art form.

**What happens to finalists and semi-finalists after their art takes them to a higher plane of being? Are there lucrative film offers? Do they blow their winnings on tawdry Easter clearance candy and end up on Peep rehab reality shows?**

There is such a thing as PPDD, or Post-Peep Diorama Depression. Many finalists and semifinalists succumb to it after they finish their masterworks and re-confront the void in which they normally conduct their lives. Also, last year a major studio approached me to write a screenplay about Peeps. I said I’d only do so if Dom DeLuise could

play the hero. Needless to say, they balked. But I’m still writing about Peeps, so everybody wins.

**I was disappointed that none of the finalists had really good wordplay, as the Post encouraged for entries.** Wordplay is, at best, a tiebreaker between two really good dioramas. (The rules for the competition said puns and wordplay were “bonus points.”) We’d never award a diorama whose only good quality was its title.

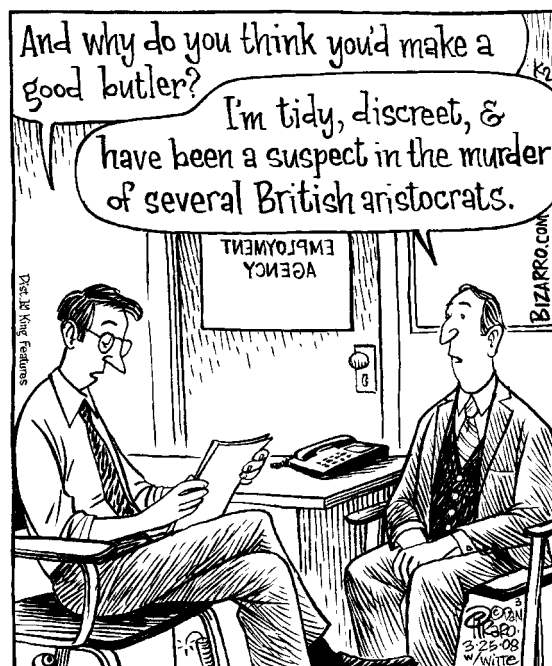
**TODAY ON DISCUSSIONS:** Dr. Alan Kazdin discusses tips for getting a child with poor behavior to settle down at 11 a.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).

# DO

**TELL A STORY TO WIN \$500.** SpeakEasyDC is looking for entries for its storytelling radio Web site. On Tuesday, from 6:30 p.m. to 8:30 p.m. at Marvin on 14th Street, the group will be holding an open competition for its next batch of great storytellers. Each submission accepted will win \$500.



### Bizarro | Dan Piraro



### Cornered | Mike Baldwin

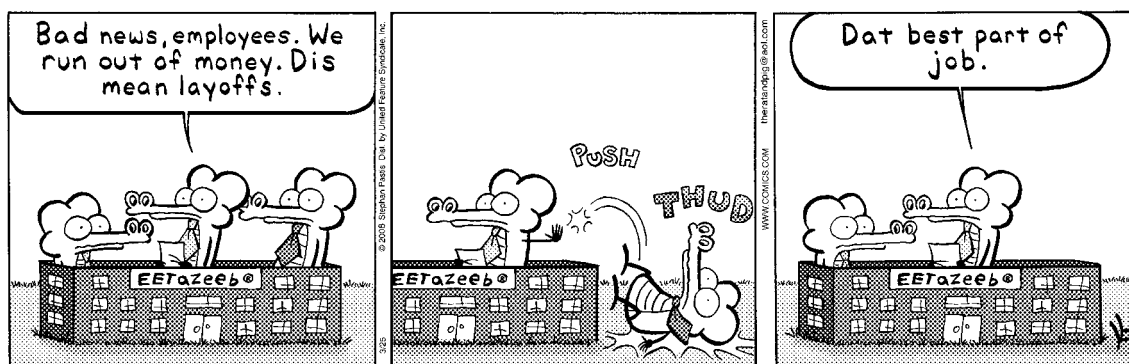


"I remember when kidnapping stood for something. Now it's all about the ransom - and pleasing the shareholders."

### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**ARIES (March 21-April 19)** Your contact with someone with whom you work quite well is likely to become more and more involved — and in the days to come.

**TAURUS (April 20-May 20)** Competition is healthy, and you won't be able to get enough of it — provided your opponent is one who you know well and trust.

**GEMINI (May 21-June 20)** Now is a perfect time for you to contact someone who has been out of your life lately. You can't start over, but you can make amends.

**CANCER (June 21-July 22)** Some quiet time can do you a world of good, as you've been quite busy and you require a little more self-concern right now.

**LEO (July 23-Aug. 22)** Things may be changing ever so slightly at this time, and you'll want to keep your eyes and ears open, searching for signs of negative trends.

**VIRGO (Aug. 23-Sept. 22)** You and a competitor are likely to be placed in the same working situation. Can you both get along? It will be up to you to

make the peace.

**LIBRA (Sept. 23-Oct. 22)** You and only you may realize exactly what someone else is up to, and it may be up to you when the time comes to step in and reverse his or her course.

**SCORPIO (Oct. 23-Nov. 21)** You're likely to be asked on board a project to which you can lend your considerable talent. Money may not be involved, but reputation is key.

**SAGITTARIUS (Nov. 22-Dec. 21)** You're going to want to do something a little special for yourself — and, as a result, something special will be done for someone else.

**CAPRICORN (Dec. 22-Jan. 19)** This is a good day for you to take on a new opponent in a friendly test of wills or ability. You may discover you have something to learn.

**AQUARIUS (Jan. 20-Feb. 18)** Travel may be in the picture, and you're going to want to arrange things so that you can be in charge — at least some of the time.

**PISCES (Feb. 19-March 20)** You may come up against someone or something that by will or by nature can only stand in your way. Careful thought will surely be required.



Martin Luther King Jr., left, leads the final lap of the march on Montgomery, Ala.

## Today in History

**1634** English colonists sent by Lord Baltimore arrive in present-day Maryland.

**1908** Movie director David Lean ("Brief Encounter," "The Bridge on the River Kwai," "Lawrence of Arabia," "Doctor Zhivago") is born in Croydon, England.

**1965** Martin Luther King Jr. leads 25,000 marchers to the state

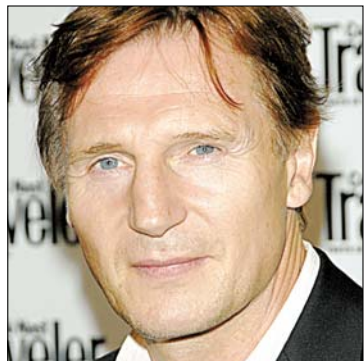
Capitol in Montgomery, Ala., to protest the denial of voting rights to blacks.

**1975** King Faisal of Saudi Arabia is shot to death by a nephew with a history of mental illness. (The nephew was beheaded in June 1975.)

**1988** In New York City's so-called "Preppie Killer" case, Robert Chambers Jr. pleads guilty to first-degree manslaughter in the death of 18-year-old Jennifer Levin.

**PostPoints** DAILY CODE **Z D**





Ralph or Liam? You be the judge.

## THEATER Absurdity Has Rarely Been So Bloated, Middle-Aged

A starry Samuel Beckett celebration featuring Ralph Fiennes, Barry McGovern and Liam Neeson will be part of Lincoln Center Festival '08. The three actors will appear in short works by the Irish playwright on separate evenings. (AP)

## AILING Singer Hurt in Bus Crash

Grammy-winning Tejano singer **EMILIO NAVAIRA** was critically injured Sunday when his band's bus crashed on a highway near Houston. Navaira remained in critical condition early Monday. (AP)



FRANCOIS MORI/AP

## STATS

# Ready for Husband Nos. 4, 5, 6 and 7

Pamela Anderson and Rick Salomon's marriage was officially annulled Monday in Los Angeles, People.com reported. (EXPRESS)

## ILLNESS Rowling Suffered Severe Depression

**J.K. ROWLING** said she contemplated suicide as she suffered from depression before her rise to success, according to an interview with a student journalist. The "Harry Potter" author said she had suicidal thoughts in her mid-20s, when she was a single mother and struggling to establish a literary

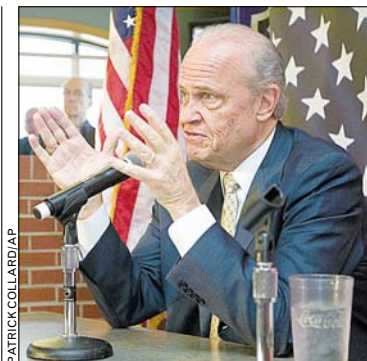


She underwent nine months of treatment.

career. Rowling said in the interview, parts of which were published in Edinburgh University's Student magazine, that she spent nine months receiving cognitive behavioral therapy. "We're talking suicidal thoughts here, we're not talking, 'I'm a little bit miserable,'" Rowling, 42, was quoted as saying. (AP)

## CASTING One-Stop Shop for Grizzled Lawyers Back in Business

After a failed run for president, **FRED THOMPSON** is getting back to pretending to be commander in chief. Hollywood's high-powered William Morris Agency announced this week that it had signed the actor-politician, signaling a return to the screen for the former senator from Tennessee. Thompson most recently appeared as grizzled district attorney Arthur Branch on "Law & Order." (AP)



"When I hold my hands this way, I appear even more grizzled than usual."



## Struggling With PMS? Depressed? Irritable? Mood Swings?

You may be interested in participating in premenstrual syndrome research.

To participate, you should be:

- Experiencing mood changes related to your menstrual cycle
- 18-50 years old with regular menstrual cycles
- Medication-free, including birth control pills and vitamins

**Thorough evaluation provided at no cost.  
Financial compensation for participation may be provided.**

**Evening clinic hours available.**

Call Linda Simpson-St. Clair:  
**301-496-9576**  
(TTY: 1-866-411-1010)



**The National Institute of Mental Health**  
National Institutes of Health, Department of Health & Human Services



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**The Washington Post**

If you don't get it, you don't get it.



# LOOK out

## CROSSWORD | TURN ON THE WATERWORKS

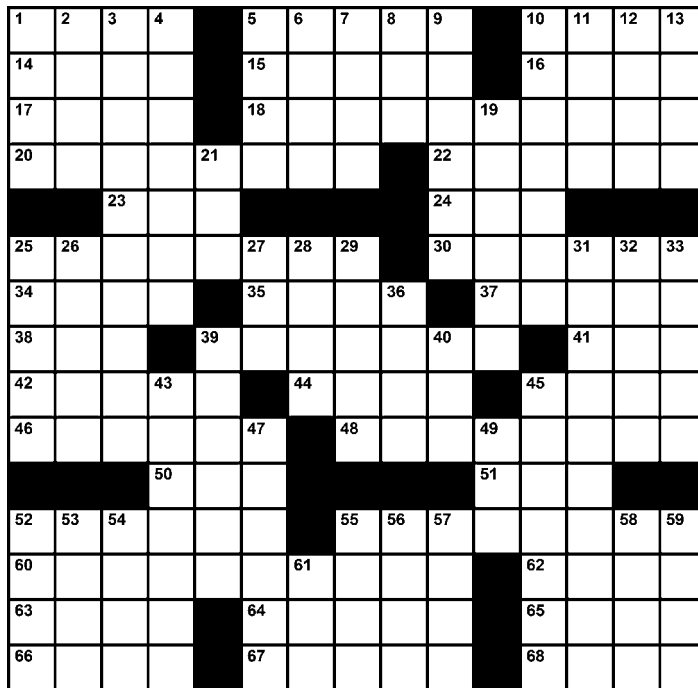
### ACROSS

1 "... men in \_\_\_\_"  
5 The eyes have it  
10 Ale sellers  
14 Angel's instrument, in Rome  
15 Calm, as fears  
16 Run \_\_\_\_ (go wild)  
17 Refuse rummagers  
18 Holds in check  
20 Like the Temple of Artemis  
22 Serving no purpose  
23 Tokyo, to shoguns  
24 Word in an alumni directory  
25 "Naturally!"  
30 Article of summer wear  
34 Bald, as tires  
35 Start for "space"  
37 Relegate to the attic, e.g.  
38 San Diego-to-Vegas dir.  
39 Nerve impulse transmission site  
41 Writer Buntline  
42 Botanical swelling  
44 "Don't change" to a printer  
45 Bump in the road  
46 Territory divided in 1889  
48 Type with little contrast between light and heavy strokes  
50 "Getting \_\_\_\_ of Bradley" (Jennifer Crusie novel)  
51 Bubble, essentially  
52 Knowledge of the mysterious  
55 Merv Griffin creation

60 Abundant source  
62 Year-end time or tune  
63 Series-curtailling abbr.  
64 Accompaniment for a fife  
65 One-time Clinton challenger  
66 "... nobody can \_\_\_\_"  
67 Ancient burial stone  
68 Alternative to whole

### DOWN

1 Alpine river  
2 U-shaped section of pipe  
3 In a fix  
4 Words with a true story?  
5 "Beasts and Super-Beasts" author  
6 Intestinal parts  
7 Remote valley  
8 Chance, poetically  
9 Corner of Virginia  
10 Like good waiters  
11 Elevation where the malleus attaches to the eardrum  
12 They may have a crush on you  
13 "Say Anything ..." actress lone  
19 Untroubled  
21 1/20 of an old franc  
25 Had a title  
26 "9 to 5" co-star  
27 Bottom-dwelling fish  
28 Wash. 100  
29 Sonneteer's Muse  
31 Brawl  
32 "It's been \_\_\_\_



EDITED BY TIMOTHY E. PARKER

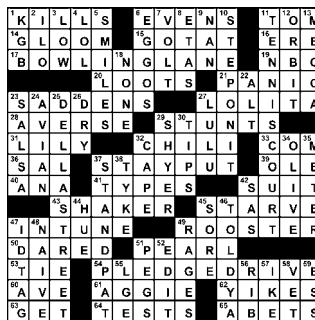
pleasure"

33 Pigeon's perch, at times  
36 Germany-based GM company  
39 Sumptuous fabrics  
40 Benchmark, briefly  
43 One way to be reprehensible  
45 Leaves in the lurch  
47 Makes a screenplay out of  
49 Bread, at times  
52 Dazzled  
53 Anatomical

network

54 Chieftain's charge  
55 Agree  
56 Compound with a hydroxyl group  
57 Fabled meanie  
58 Where to get a melt down?  
59 Substance from which the universe was created, to some  
61 Squeal on your sidekicks

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

4	9	3	6	7	2	8	1	5
6	7	1	9	8	5	3	2	4
8	2	5	1	4	3	9	6	7
3	1	2	4	5	9	6	7	8
5	4	6	7	2	8	1	3	9
9	8	7	3	1	6	4	5	2
2	5	9	8	6	1	7	4	3
7	6	8	5	3	4	2	9	1
1	3	4	2	9	7	5	8	6

				4			6	1
5	3		8		1			
6	7							
			6	2				
1	8						9	6
				1	7			
			4		2			
2	5			7				

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Race day tips from the writer of 'Run Fat Boy Run' **E7**

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ABOUT DIET AND EXERCISE **E8**



# BaggageCheck



**GOT ISSUES?** DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Friends at Home, Fiends On the Road

**Q** My boyfriend and I do not travel well together. I tell this to people, and they laugh, but it is truly a problem. We're planning our summer vacation, and instead of being excited, I keep thinking of all the pitfalls and annoyances we tend to have. I don't know how two people who get along great in their condo can be such bad vacationers together— we didn't speak on the flight home last time. What gives?

— DREADING THE GETAWAY

It's not unusual for two people who get along swimmingly — even if they live together — to encounter friction when they hit the open road. A combination of travel stress, spending nonstop time together and perhaps a nice dosage of Montezuma's Revenge can spur even the best of duos to start making voodoo dolls of each other.

The key is to analyze exactly why



ERIC REECE

things seem to head south when you two do. Is one of you more laid-back and the other up to his or her ear-drums in money belts, traveler's checks and itineraries?

The basic prescription for incompatible travelers is lots of compromise and stress management. It also will help to divide responsibilities and agree not to impede on each other's roles. The naviga-

tor shouldn't be beleaguered with screams to turn left; the lunch-restaurant-finder shouldn't be bombarded with unwanted reviews from the guidebook. You also might want to carve out daily alone time to simulate your typical life, and agree that said decompression is sacred, not judged and non-negotiable.

Finally, examine your expectations: When two people go to the

Caribbean imagining it's going to be the fantasy of their lives, a few spat about how much to tip the cabbie — not to mention a hotel room that's reminiscent of a quarters tournament in a frat house — can send them more over the edge than need be.

## E-Mail Silence, Silent Hatred?

**Q** I recently found my ex online. It was weird — we haven't spoken in seven years, yet all the feelings I had for him suddenly came back. We e-mailed and it went well, until I decided to stupidly spill something about a personal matter. I decided to bite the bullet and try and redeem myself with another e-mail, but so far, nothing has surfaced on his part. Does this mean that he has ill will toward me? And should I just move on from this, as I assume he has?

— WONDERING

Like a woman with half-done hair extensions, I'm missing some important pieces here. When someone says he or she spilled something personal, that has the potential to

mean everything from "I twisted my ankle last time I went skiing" to "I've been wanting to ask you for a sperm donation."

All I know here is that e-mailing seemed to be going "well," and then suddenly it wasn't. This doesn't necessarily mean your ex has "ill will" toward you, or even that your revelation, whatever it was, had anything to do with his silence. Perhaps the initial e-mails weren't going as well as you had imagined. Perhaps he had a change of heart and didn't want things to go further. Perhaps he's seeing someone and didn't want to lead you on. Perhaps his typing hands are currently out of commission because of an unfortunate smelting accident.

There's no way to know for sure, but if there's any way you can sit with that uncertainty and move on, you're better off. It's frustrating to have the ball idling in his court, but there's really no way — short of breaking and entering — to take it back.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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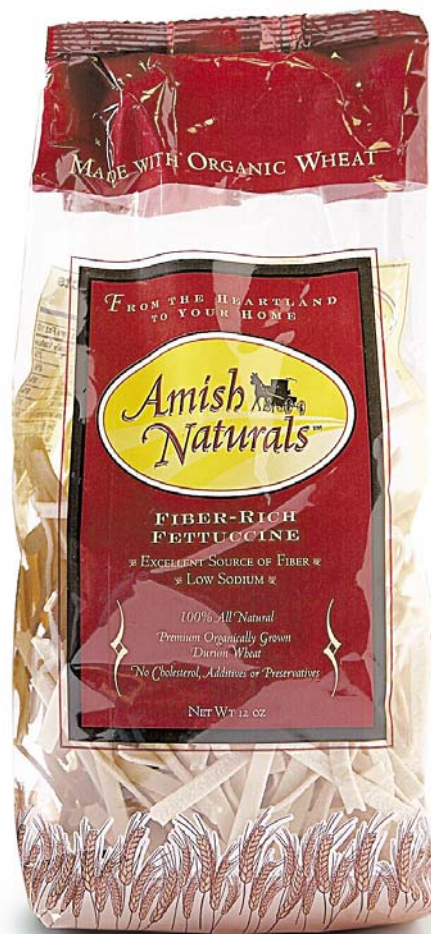
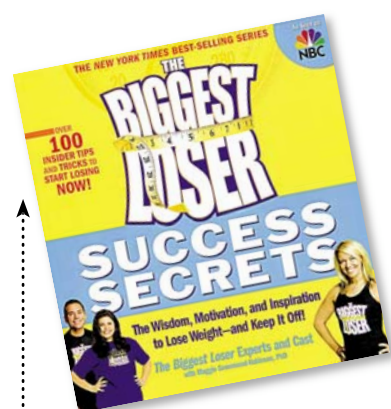
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## GUINEA PIG



## Balancing Act

■ Dumbbells look like they want to bring the pain. Same with big fat stability balls and bulky Bosu balls. But the dinky spaceship-esque disc that comes with the Firm's Balance Trainer kit (\$20, Gaiam) seems as intimidating as a goldfish.

And then you step on it. Or, actually, under the tutelage of master instructor Tina Smalley in the included "Skills, Drills & Thrills" DVD, you jump on it, squat on it and do sit-ups on it, all the while wobbling like mad.

The 45-minute workout (there's also a 25-minute express option) is a whirlwind of cardio, strength and abs work — Smalley's instruction is clear, but at rapid-fire pace, so it takes a viewing or two to stay in sync. She offers scalable moves so beginners can tag along, but by the end, even advanced folks will be praying for the cooldown. In our test, the only flaw with the program was the size of our living room. With that green rascal sending you flying, you're going to need more space than you would with the average fitness DVD. You want your body to feel the workout, but not feel your coffee table. VICKY HALLETT (EXPRESS)



## SLIMMING SUCCESS

A team of trainers and nutritionists is the real key to TV transformations, but "The Biggest Loser: Success Secrets" (\$22, Rodale) offers tips more for reality TV — like have tequila shots instead of a caloric Long Island iced tea when you're partying (seriously), and don't eat if you're not at the dinner table.



## POOL PARTY

The closest you'll ever come to splashing around with Olympic gold medalist Natalie Coughlin is H2O Audio's NatBundle (\$130, H2oaudio.com). The waterproof iPod case, headband and swim belt let you listen to tunes or even a pool workout led by the lovely Coughlin.



## IT KNOWS NOSES

You know those rubber bulb thingies people put up babies' noses to suck out gunk? Cleanoz (\$30, Cleanoz.com) — like, clean plus schnoz? — is the high-tech version. The battery-powered gizmo comes with disposable nozzles, so you don't have to clean up ickiness.



## AMISH AMORE

If it's Amish, it's got to be wholesome, right? Well, we don't know how Amish this pasta (see Amishnaturals.com for buying info) really is, but it definitely has a lot of wholesome fiber — 12 grams, or half the RDA. The flavor's slightly nutty; we recommend it al dente.



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## THE MISFITS

## Future Perfect

**Q** I've been trying to get back into strength training after about a year of focusing on cardio, and have run into an unexpected problem. I'll work out at or below my previous level (never pressing to muscle failure) and have no problems during the workout or immediately thereafter. But about 36 to 48 hours later, I am in major pain. How can I figure out the right workout level if my body is not giving feedback for a day and a half? — ANONYMOUS

■ Your body is giving you feedback, all right. It's just not the kind you were hoping for. Such are the joys of delayed onset muscle soreness, or DOMS. As someone who samples new exercise routines for a living, I feel your pain.

Like so many things in science, DOMS is still a bit of a mystery. "We don't know the mechanism that causes it," says Stephen Roth, a kinesiology professor at the University of Maryland at College Park. Whatever the instigator, what's happening is that damaged muscle has summoned help (in the form of inflammation) to repair itself. So, you're thinking, "I'll take an anti-inflammatory," such as ibuprofen or naproxen, right? Turns out that's controversial, says Roth, because several studies have shown that those sorts of drugs can decrease protein synthesis. "You may feel better, but [you're] prolonging the muscle adaptation process," he says.

The better solution is to cut back on how often you're lifting. Twice per week is plenty for the recreational exerciser, says Roth. Also, think about what kinds of exercises you're doing. There are two types of contractions: concentric and eccentric. When you're doing a biceps curl, the lift-up toward your shoulder shortens the muscle; that's concentric. On the way back down, you're lengthening the muscle; that's eccentric. It's the latter that brings on a worse case of DOMS.

**@** Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.



GETTY IMAGES

## Work Out the Kinks

## Prevent muscle mutiny with 4 feel-good moves before exercising

Most of the time, a good workout makes you feel super-badass. But sometimes you wind up feeling super-bad. Key culprits: your back, knees, neck and shoulders — which can suffer from muscle imbalances (one muscle gets stronger while its opposing muscle gets weaker). This sets you up for injury. For an ouch-free session,

start your workout with these four joint-stabilizing moves from Scott Lucett, director of education at the National Academy of Sports Medicine.

**Ball Squat With Tubing**

→ **PAIN-PRONE AREA:** Fronts and sides of the knees

→ Stand with your feet shoulder-width apart and wrap resistance tubing around your knees so there's no slack in the band. Place a stability ball between the middle of your back and a wall, but put only enough pressure on it to keep the ball from falling. Squat down as if sitting on a

chair, pushing out against the tubing to keep your knees from caving inward. Press back up to start. Do two sets of 12 reps, resting for 30 to 60 seconds between sets.

**Ball Bridge**

→ **PAIN-PRONE AREA:** Lower back

→ Rest your upper back on a stability ball with your feet hip-width apart on the floor. Your shoulders, hips and knees should be aligned horizontally, like a table. Brace your abs and lower your hips until your butt hovers three to six inches above the floor. Squeeze your glutes and lift your hips back to

the starting position. Do two sets of 12 reps, resting for 30 to 60 seconds between sets.

**Swan Neck**

→ **PAIN-PRONE AREA:** Sides of the neck

→ Keeping your head level, slowly draw it straight back, keeping your chin parallel to the ground (do not drop your chin toward your chest). Hold for two to three seconds and

**Keep your next strength session pain-free by beginning the routine with stabilizing moves.**

release. Repeat 10 times. This is the chin position you should maintain during any exercise to ensure proper neck and spine alignment, Lucett says.

**Ball Cobra**

→ **PAIN-PRONE AREA:** Fronts of the shoulders

→ Lie facedown with your midsection on a stability ball. With your legs hip-width apart, straighten them behind you and press the balls of your feet into the floor. Extend your arms in front of you, palms facing each other, and place your pinkies on the floor. Lift your chest off the ball and pinch your shoulder blades together; at the same time, lift your arms up and out to the sides. Hold for two seconds and return to starting position. Do two sets of 12 reps, resting for 30 to 60 seconds between sets. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## TRAILBLAZER

## Biking the Blossoms

**Don't feel like tripping over tourists when the National Cherry Blossom Festival kicks off March 29? Pedal past 'em! Grab your Nikon and give these ideas a go:**

■ **WABA BIKE VALET:** For the third consecutive year, the Washington Area Bicyclist Association will provide free bike valet parking around the Tidal Basin in two locations: the southwest corner of 15th Street and Madison Drive NW, and the southern side of the Jefferson Memorial. On Saturdays and Sundays from March 29 to April 13, cyclists can check in between 9 a.m. and 7 p.m. gratis. (Waba.org)

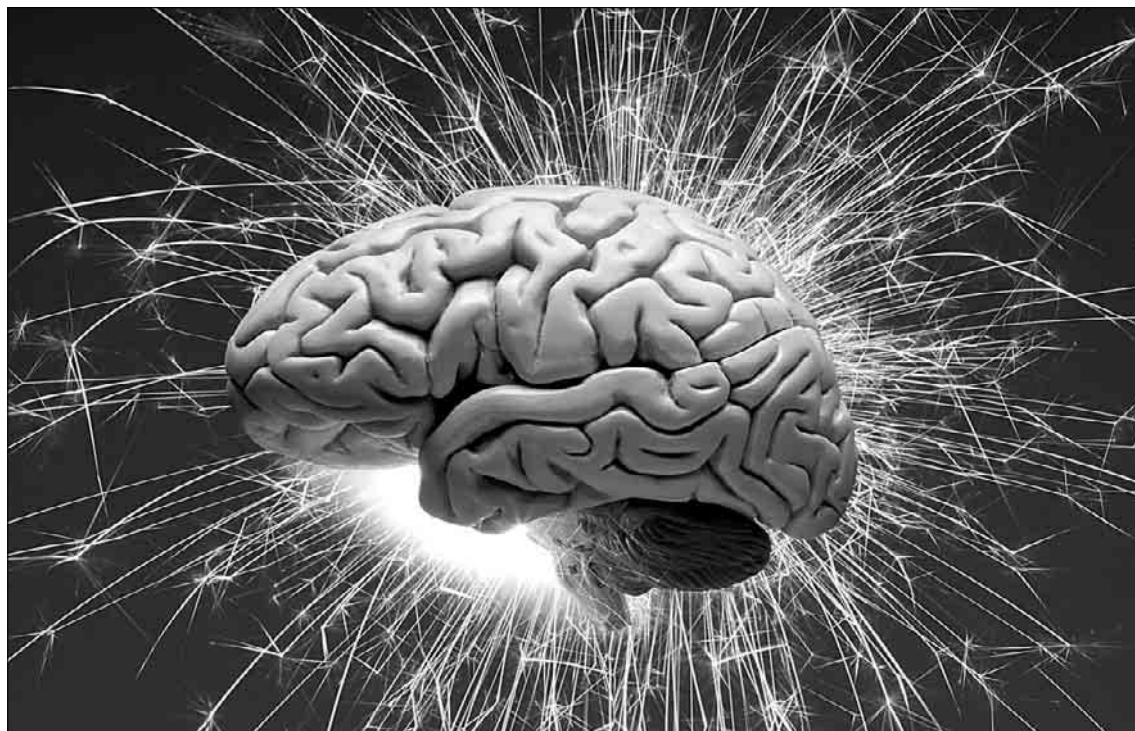
■ **BLOSSOMS BY BIKE:** Bike and Roll kicks its "Blossoms by Bike" two-hour guided tour into gear on March 29. Starting from the Bike the Sites kiosk (12th Street between Constitution and Pennsylvania avenues NW), tours run from 3 to 5 p.m. daily with extra slots on weekends (9:30-11 a.m., noon-2 p.m.) through April 13. In addition to the Tidal Basin blossoms, highlights include a stop at Hains Point. \$32 adults, \$22 children and



under; covers bike rental, helmet, water and a snack. Those with their own bikes receive \$5 off. (Biketbsites.com)

■ **BYOB:** The National Park Service also offers guided blossom viewing on weekends with pedaling park ranger guides (March 30, April 5 and April 12; 1-4 p.m.). Bring your own bike, helmet and water, and learn the history of the trees and festival from experts for free. Look for them at the south side of the Jefferson Memorial near the WABA Bike Valet. (Jason\_Martz@nps.gov) KRIS CORONADO (EXPRESS)



Phys Ed | **fit**

# Sweat Sparks Smarts

## Harvard professor says exercise is the best tool for aiding brain function

When he became a psychiatrist in the 1970s, John Ratey didn't expect to evolve into an exercise buff. But today, the Harvard professor calls exercise the single most important tool people have to optimize brain function. If you get your body in shape, he says, your mind will follow. He describes the emerging research on exercise and the brain in his new book, "Spark: The Revolutionary New Science of Exercise and the Brain" (\$25, Little, Brown).

Q+A

### Why do aerobic activity and complex motor activity, such as dance, produce different effects?

The more complicated the exercise, the more challenging it is. You're challenging the learning and focusing parts of your brain, as well as doing the aerobics. It optimizes the brain to learn.

### Which is better to do?

The ideal exercise plan would include exercise that keeps you learning and keeps you moving —

and keeps the challenge up. Challenge is something that we should all be striving for. It's the key to a long and healthy life.

### Is walking helpful for the brain?

Even moving a little bit, such as walking very slowly, causes some increase in heart rate, and it does help. But volume and intensity are different. If you're going to do one, limit the volume and increase the intensity. Intensity is important for the benefits to the brain. Most of

the studies showing the benefit of exercise on depression were of people doing brisk walking. That might be at 65 percent to 75 percent of your maximum heart rate. But that really is the level where you're just beginning to get a benefit.

### Why is morning good for exercise?

I think morning is such a good time because it helps you start the day off correctly. Your attention system is turned up and on. But you're still going to get quite a bit of benefit from exercising in the evening.

### If it lifts the mood and increases energy and helps us think better, why do so many people hate exercising and quit?

That is the biggest problem. Fifty percent of people who start exer-

cising end up dropping it after six months or so. It does require planning, consideration and work. I tell people to make a commitment with a loved one, friend or neighbor. Often, that kind of social obligation can help get people started.

**“Intensity is important for the benefits to the brain.”**

**Understanding its physical benefits hasn't gotten a lot of people to exercise. Will knowledge of the brain benefits carry more meaning — and more motivation?**

That is exactly my point. If people were aware this was such good medicine in so many ways and gets you in a steady state mentally, more people would likely start and stick with an exercise regimen. But look at the studies that show exercise is as effective as antidepressants. It makes news for a day, and it's gone. It's like we've gotten into thinking we need a pill, not just for mood, for everything. Exercise is simple, but, oh, boy, it really takes a commitment. That's why we need to tell people about the evidence that exercise benefits the brain and the body. **SHARI ROAN** (LOS ANGELES TIMES)

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# Tips From a Guy in Wing Tips

'Run Fat Boy Run' screenwriter gives advice to those who like to race

Probably no one racing in the National Marathon on Saturday has as compelling a reason to run as the hero of "Run Fat Boy Run": to get the girl. His form is poor, his coach's use of a spatula unorthodox and his time abysmal, but seeing the movie (which opens Friday) is a good prerace ritual anyway — at least according to screenwriter Michael Ian Black.

**So, was this inspired by seeing a fat guy run?**

No, my imagination is actually broad enough that I was able to come up with it on my own.

**What is it about marathons that make them seem so crazy?**

I don't think marathons are crazy, but running a mile isn't fun. Running 26 is torturous. People's toe-

nails fall off. Nipples chafe. I never want to take part in an activity that will make my nipples chafe.

**So, you're not a runner? You seem like you have the body type.**

I'm very sleek, like a cheetah. But I am an out-of-shape cheetah.

**What's the longest you've run?**

Five miles on a treadmill. That day was the peak of my physical fitness. I actually just had my first treadmill injury. But I probably shouldn't have been wearing wing tips.

**Did you do any research to write the movie?**

I bought a book on how to train for a marathon. That's how I found out that your nipples can chafe. But the movie has very little technical marathoning in it. The book had an eight-week training schedule, and I made it through two days.

**Are there fitness benefits in watching "Run Fat Boy Run"?**

Watching somebody doing a lot



**CHARIOTS OF ICE:** Simon Pegg plays Dennis, a dude running to woo a woman.

of running is just as good as running yourself. They've done studies on that. Laughing is good for the core muscles. And I can promise you almost zero nipple chafing. It

depends on what you're wearing. I like those new shirts lined with sandpaper, so I have to be careful, but most people aren't as into fashion as I am.

**Any thoughts on running fashion?**

It doesn't really matter. No one looks particularly good running. Your face is flapping around, and sometimes you have diarrhea all over yourself in a long-distance event. I guess I don't like the people who run marathons in costumes. They just want attention.

**"Watching somebody doing a lot of running is just as good as running yourself."**

**So, how do you stay in shape?**

I play poker. It gets the heart rate up. Mental agility is required. All that sitting has to burn calories. Is it the most aerobic activity? No. But I would say an hour is comparable to two and a half hours on an Exer-Glider. "And what is an Exer-Glider?" you ask. I don't know. But I think it's something Tony Little would sell.

**Any advice for people running the National Marathon this weekend?**

Stay hydrated, and don't die.

VICKY HALLETT (EXPRESS)

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- **1/3 CUP** crumbled feta cheese
- **1 TBSP** chopped fresh mint or 1 teaspoon dried mint
- **SALT** and freshly ground black pepper, to taste

**IN A MEDIUM SAUCEPAN**, bring about one inch of water to boil over high heat. Place a steamer basket over the water and place the peas inside. Steam the peas until tender, 3 to 5 minutes.

Alternatively, place peas in a large microwave-safe dish with 2 tablespoons of water. Cover and microwave on high until the peas are tender, about 3 to 5 minutes.

Drain the peas and toss with feta and mint. Season with salt and pepper. (AP)

**PER SERVING: 84 calories; 2 g fat (1 1/2 g saturated); 9 mg cholesterol; 12 g carbs; 5 g protein; 4 g fiber; 536 mg sodium.**



Mark Leventhal's lean after having dropped 50 pounds. He keeps the weight off by watching his diet and running long distances.

## Strong Arm of the Law

### D.C. diet coach helps prevent lawyers from becoming fat cats

A client rushed to Mark Leventhal, Esq., desperate for help. He had knowingly broken the rules, and now he was paying for it. "Was it premeditated or heat-of-the-moment?" Leventhal probed, working out a strategy to handle the ramifications. "I didn't know it would happen until I walked into the gas station," the client replied.

With that, Leventhal knew his defense: Get the guy to pay for full-service from now on, so he isn't face

to face with racks of chocolate-covered pretzels ever again.

Advising on snacking strategies isn't such a far cry from his previous career in international trade law, says Leventhal, who recently launched Leventhal Weight Loss (202-550-8638; [Leventhalweightloss.com](http://Leventhalweightloss.com)), a diet-coaching program targeting D.C.-area lawyers. But while lawyers help companies tip the scales of justice, he's helping lawyers tip the bathroom kind.

"There are a lot of overweight lawyers who need this service. By nature, they have a sedentary lifestyle, just sitting in the office writing briefs and doing legal research," says Leventhal.

During his years at a firm, his

weight gradually drifted upward at a rate of a pound per month — late nights meant free dinner (his former fave: sesame chicken from City Lights), wooing clients required wining and dining, and extensive travel threw good intentions out the window. A combination of Weight Watchers and long-distance running helped Leventhal drop 50 pounds, but throughout his struggle he wished he had someone to hold him accountable.

That's exactly what Leventhal aims to be for his clients. "It's about raising consciousness. If they paid as much attention to what they ate as they did to their work, they'd be very successful," he explains.

He isn't a nutritionist or trainer

(although free intro visits to one of each come with his packages), and he doesn't have a set plan other than "what works." He's available every day to talk over e-mail or on the phone at any hour, and once per week, many of his clients come by his office for an in-person chat and a checkup with high-tech body com-

**“By nature, [lawyers] have a sedentary lifestyle, sitting in the office.”**

position monitors.

As client Bob Yoches, 55, puts it, "It's as if you had a best friend at the firm you could talk to who wouldn't buy into your excuses and, bizarrely enough, you had to weigh yourself in front of him."

Since signing up with Leventhal in January, Yoches has steadily lost weight, even while eating out up to 10 times per week and traveling frequently to Asia. He credits the program with bolstering his willpower and teaching him to plan ahead when handling dinners abroad.

"It's sobering. You can lie to yourself. But you have to look Mark in the eye, so you will put down that snack," he says.

His plan works where other methods don't, Leventhal says, because it lets the clients' needs rule. He may suggest ways to make healthy living easier, but it's ultimately up to them.

"This plan has no magic in it. If you say something enough, you'll believe it. What he creates is an environment where, every day, you're talking about the importance of taking care of your self," says Tom Willcox, 45, who finished a four-week session with Leventhal and now keeps himself on track by thinking, "What would Mark say?"

Right now, Leventhal is saying quite a bit. Between juggling 15 clients and giving presentations at firms and bar associations to promote his business, he has a full plate, so to speak. "I thought I was working hard as a lawyer, but now I'm working 90 hours a week," he says.

But no matter how much time he's logging at the office, Leventhal is sure of one thing: He won't be ordering the sesame chicken.

VICKY HALLETT (EXPRESS)



## BODY TALK



### The Coach Approach

■ The Internet may be your best friend forever, but when it comes to keeping weight off, you're better off communing with a real person — someone like Mark Leventhal — according to a multi-center study that appeared in a recent issue of the *Journal of the American Medical Association*.

In the study, investigators divided volunteers into three groups. One, the personal-contact group, received five- to 10-minute phone calls with a weight-loss interventionist each month and an hour-long, in-person session every four months. The Internet support group received unlimited access to a Web site designed by the researchers to support weight-loss maintenance. Participants were encouraged to log on weekly. The third set of volunteers, a control group, received printed lifestyle recommendations at the start of the study.

On average, after 30 months, the participants in the personal-contact group regained the least amount of weight. JANET CROMLEY (LOS ANGELES TIMES)





# How to Make A Tap Dance

Water purifiers and pitchers make your sinks more appealing

We tested 10 of the most popular faucet-mounted and pitcher filters on the market to help you drink up.

## BEST PITCHER

### PUR Flavor Options Pitcher

**PRICE:** \$30 (with one filter and one flavor cartridge) [PURWATER.COM](http://PURWATER.COM)

**ANNUAL FILTER COST:** \$66 (plus optional flavor cartridges, \$10 each)

**WHY WE LOVE IT:** Push a button to add as much calorie-free fruit flavor as you want, or choose clean-tasting plain water. A light changes color when it's time to replace the filter. Removes 19 contaminants, many more than similar models.

## BEST FAUCET MOUNT

### PUR Water Filtration System

**PRICE:** \$30-\$50 (with one filter)

**ANNUAL FILTER COST:** \$84

**WHY WE LOVE IT:** It stops 31 contaminants — the most of any we tested (it just misses cadmium, copper and

zinc). It's a bit tricky to install, but once it's on, it produces clear, crisp water with no metallic under-taste. A flashing light shows you when it's time to change the filter.

## BEST BARGAIN

### Brita Faucet Filtration System

**PRICE:** \$20 (with one filter) [BRITA.COM](http://BRITA.COM)

**ANNUAL FILTER COST:** \$60

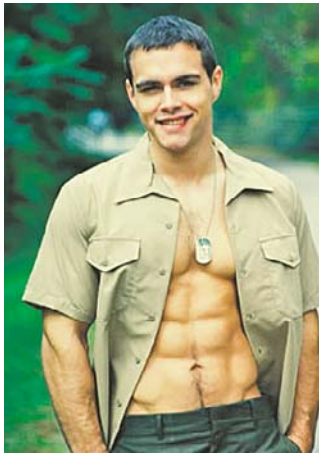
**WHY WE LOVE IT:** It nabs almost as many contaminants as the PUR faucet system, but it costs less — and the filters last about a month longer. (It misses mercury, though, so if that's a problem in your area, cough up for the PUR.) It takes up little sink space and is fairly easy to install.

## FILTER TIPS

1. Shop around for a filtration system that removes the contaminants most common in your area.
2. The National Sanitation Foundation International regulates the effectiveness of filtration systems. Certified products carry NSF seals, but verify at [Nsf.org/certified/dwtu](http://Nsf.org/certified/dwtu).
3. Most people don't change their filter often enough. Check the packaging for your system's requirements.

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## STETHOSCOPE

## SAFETY

**Look, Don't Listen**

■ You're just as annoying talking into a hands-free unit as you are into a cell-phone itself. You're also just as dangerous. A study in the journal *Brain Research* shows that the mere act of listening to a call while driving is risky — that's without the dangers of dialing, etc. Why aren't music and chatty passengers an issue? The researchers speculate that music doesn't make the same cognitive demands, while a rider will shut up when you need to focus on the road.



ISTOCK

## STRESS

**Man Like Meat. Ooga**

■ Science has spoken: Men really ARE pigs. Well, they eat more of them, anyway. Males devour more meat, reveals a study of 15,000 U.S. adults, while females eat more vegetables. Exceptions: asparagus and brussels sprouts. Dudes also took more risks, scarfing rare beef or undercooked eggs. The Yale researchers said the differences were likely more cultural than biological, citing the old adage "Real men don't eat quiche."

## ACTIVITY

**Stepping Downer**

■ Within two weeks of letting yourself go lazy, your body will rebel. In a study published in the *Journal of the American Medical Association*, scientists had 28 young men reduce their daily steps by taking elevators, not stairs, and use cars for all short trips. Within two weeks, all the men showed higher levels of insulin in the blood, meaning that their bodies weren't extracting energy from food as easily as they had been. Triglyceride levels went up, too — as did abdominal fat. Luckily, the reverse is also true.

# Stomp Out Foot Pain

Narrow in on your woes down below to cure the agony of the feet

According to a 2007 survey by the American Podiatric Medical Association, more than 50 percent of women have foot pain that gets in the way of everyday life. Here, some of your most common Achilles' heels, plus how to kick pain to the curb.

**It Grows on You**

(AKA BUNIONS)

→ **LOOKS LIKE:** A bony lump on the outer edge of your big toe.

→ **HAPPENS WHEN:** The lowest joint becomes misaligned, causing the end of the bone to jut out. Though pointy heels that squash your toes can make bunions more painful, shoes are not the cause. More crucial factors are the shape of your feet and the way you walk.

→ **HOW TO DEAL:** Buy footwear made of stretchy material, such as leather, that will conform to the curves of your foot. Before throwing down your plastic, hold the sole of the shoe against the sole of your foot to make sure the toe box is at least as wide as your tootsies. Using custom insoles, which any podiatrist can provide, may prevent bunions from worsening, but surgery is the only real cure. Still, docs don't recommend it unless the pain is so bad you can't function normally. Most procedures involve shaving down the bone and realigning the toe with a pin or a screw, which leaves you hobbling around for one to two months afterward.



GETTY IMAGES

**MC Freaky Feet**

(AKA HAMMERTOES)

→ **LOOKS LIKE:** The joint of one of your toes (usually the second piggy) points up instead of lying flat.

→ **HAPPENS WHEN:** A bunion, flat or high arches, or too-narrow shoes cause your big toe to butt up against the second toe.

→ **HOW TO DEAL:** A Budin splint (a foamy pad with an elastic loop that

goes under the ball of your foot and wraps around the hammertoe) can reduce pressure and friction from shoes. A podiatrist can also give you cortisone shots to tame the pain. If you've struck out with those options, surgery offers permanent relief. A small piece of bone on one or both sides of the joint is removed so the toe can uncurl, and a pin is sometimes used to keep it in place.

**Rubbed the Wrong Way**

(AKA CORNS AND CALLUSES)

→ **LOOKS LIKE:** Raised layers of thick, dead skin. On the tops of toes they're called corns; on the bottoms or sides of feet they're known as calluses.

→ **HAPPENS WHEN:** There's too much pressure or friction on the feet, often due to ill-fitting shoes.

→ **HOW TO DEAL:** Once or twice per week, in the shower, gently rub the area with a pumice stone until the skin begins to turn pink. Follow with a cream designed to soften calloused skin, such as Gordon Laboratories Gormel creme with 20 percent urea (\$13 for 2.5 oz, Amazon.com). If the layers are really thick, have a podiatrist shave them down during an in-office medical pedicure (because there's a risk of infection, stay away from the nail salon for this).

**Hell on Heels**

(AKA PLANTAR FASCIITIS)

→ **FEELS LIKE:** A stabbing or burning pain in your heel that's often worse in the morning.

→ **HAPPENS WHEN:** The plantar fascia, a band of tissue that runs from the heel to the ball of the foot, becomes inflamed. This can be triggered by the strain of having flat or high arches, standing or walking all day long, being overweight or doing intense physical activities.

→ **HOW TO DEAL:** Try OTC arch supports or custom insoles to take stress off the plantar fascia and a topical gel called Biofreeze, also at drugstores, to increase blood flow and ease the ouch. If you're really in agony, ultrasound therapy and shock-wave therapy can speed healing.

**In a Pinch**

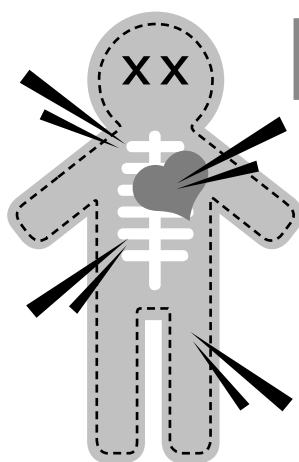
(AKA NEUROMA)

→ **FEELS LIKE:** Tingling, burning, or numbness in your foot.

→ **HAPPENS WHEN:** The bones of two toes (usually the third and fourth ones) rub against one another, pinching the nerve in between. Too-narrow shoes, which cram toes together, are often to blame.

→ **HOW TO DEAL:** Most experts recommend cortisone injections, to reduce pain, or alcohol, which will destroy a portion of the nerve. If your foot is still killing you despite the shots, surgery can cut out the squashed nerve. RACHEL GRUMMAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE

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## hypochondriac

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**Do you stay in your room** for months at a time, playing video games and surfing the Internet? Are you a Japanese male between the ages of 16 and 30? You could be suffering from **HIKIKOMORI**. A 2001 study by the Japanese government defines sufferers as people who have withdrawn from society for more than six months. Hikikomori (the term describes both the affliction and the afflicted) could make up as much as 1 percent of Japan's population. It's likely a product of technology and the nation's affluence — kids can stay living with their parents, sans jobs, for years. Hikikomori is difficult to manage, as its sufferers don't want to emerge for treatment. SOURCE: THE LANCET, THE NEW YORK TIMES



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